

Suggested Kit List – 3 Day / Weekend residential

Item	Notes	Tick
Underwear	3 pairs	
Swimwear		
Loose shorts to wear over a wet suit		
Socks - thick	3 pairs	
Socks - general	3 pairs	
Jumpers (preferably fleece rather than cotton)	3	
Tracksuit trousers, joggers or thick leggings	3 pairs	
T-shirts	3	
Woolly hat and thick gloves	1 set	
Sun hat		
A thick fleece jacket	1 or 2	
Waterproof jacket and trousers	We have limited stock to lend out	
Sturdy trainers with good grips for outdoor activities (no flimsy wet shoes or deck shoes please)	2 pairs (1 for wet activities)	
Wellies	We have limited stock to lend out	
House shoes or slippers (for wearing inside the house)	1 pair	
Large towels	2	
Wash kit and toiletries	Don't forget your toothbrush	
Day sack (Small rucksack)	Limited Available	
Water bottle	At least 500ml	
Shorts, t-shirts and other evening wear	1 change	
Sunscreen		
Any medication you require		
Bin bag to carry home wet and dirty clothing		
Small change for tuck shop (Optional)	Suggested no more than £2 per night	

If you have your own wellies and walking boots, it would be to your advantage to bring those along as we have limited stock to lend out.

Make sure you have plenty of warm clothing!

Activities will take place whatever the weather.

