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Being correctly equipped for activities is essential, not only for safety but also for your enjoyment.

You need to have a few changes of warm clothing, enough to change every day. Bring clothes that you do not mind getting wet and muddy.

Personal equipment for a one week course

Clothes for OUTDOOR activities

Old trainers for water sessions

Another pair of trainers for land sessions

3 pairs long trousers - tracksuit, fleece and polycotton are great, jeans are not suitable

3 warm long sleeved tops - fleece is best, or wool, acrylic or polycotton

Plenty of T-shirts

A pair of warm, thick socks (not nylon)

Hat and gloves - fleece or wool

Socks and underwear.



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Bring the following if you have them, if not we will provide them:

Walking boots (with ankle support and good tread)

Waterproof (i.e. with taped seams) jacket with integral hood

Waterproof trousers



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Clothes for general and indoor wear

Set of casual clothes and footwear

Nightwear

Extra underwear



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Extras for summer

Suncream

Insect repellent (Please none containing DEET)

Shorts, Suncap/hat and shades



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ESSENTIAL personal kit

Torch - with spare batteries

Wash kit and towels

Drinking water bottle

Sleeping bag (South Camp only)



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Optional personal kit

Thermal underwear

Lunch box and flask

Swimwear

Umbrella

Camera

Small change for shop and 'phone

Wellies (South Camp only)



We suggest valuables and electronic equipment are left at home.