

Kit List

We will provide all necessary safety equipment and protective clothing during your stay, including harnesses, helmets, wetsuits and buoyancy aids. Below is a guide to what we would recommend you bring but please consider the time of year and weather forecast when deciding what to pack!

	Things to bring	Packed?
Essential Items For Your Stay	Several complete changes of warm casual clothes, e.g. tracksuits, fleece jumpers, training shoes (preferably not jeans).	
	3 - 4 t-shirts	
	Casual clothes for evening wear	
	Spare underwear and socks	
	Waterproof coat and trousers	
	Night wear	
	Washing kit and towel	
	Warm woolly hat and gloves	
	Sun hat/cap	
	High factor waterproof sun cream/lip salve	
	Sunglasses (with retaining strap)	
Personal Medical supplies e.g. Inhaler, EpiPen		
For skiing & snowboarding	Gloves or mitts, thick socks, long sleeve top and trousers	
For Watersports	Swimsuit and t-shirt/rash vest to wear underneath a wetsuit	
	Old trainers or wet shoes to wear during the activity (they will get wet)	
	An extra towel	
For Field Studies	wellington boots (can be borrowed from the centre)	
	Waterproof coat & trousers (can be borrowed from the centre)	
Optional items	Bin bag for wet/muddy gear	
	Sports bottle for drinking water	
	Small day sack	
	Camera	
	Torch	
	Pocket money for the gift shop	