

EQUIPMENT LIST

ESSENTIAL ITEMS

a) For outdoor activities

- Warm sweaters
- Spare pairs of thick woollen socks
- A change of tracksuit bottoms (not jeans)
- Gloves or mittens
- Hat
- Torch
- Old trainers
- *Waterproof cagoule
- *Wellingtons or boots
- Sun cream (in summer)

*There are stocks of these at Low Mill if you are unable to obtain your own.

The above list is the **minimum** needed for a weekend course. More changes may be necessary for those attending a **five day** course.

There is a drying room at Low Mill for wet clothes and a drying area in the equipment store for cagoules, leggings and wellingtons, **but it is better to have at least two sets of clothes for activities and more than two sets of socks and underwear.**

b) For indoor wear

- Casual clothing
- Soft soled shoes/slippers/trainers

c) toiletries and a towel

OTHER USEFUL ITEMS

- Walking Boots
- Thermos flask or drinks container
- Small rucksack
- Indoor games
- Books/magazines
- Small change for the tuck shop