

STUDENT 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!

	Check list- essential items to bring	✓
Essential Items	Several complete changes of warm casual clothes, e.g. tracksuits, fleece jumpers, training shoes (preferably not jeans)	
	Four or five t-shirts	
	Spare underwear and socks	
	Waterproof coat and trousers	
	Night wear	
	Sleeping bag and pillow with pillow case	
	Washing kit and towel	
	Warm woolly hat and gloves	
	Personal Medical supplies e.g. Inhaler, EpiPen which are to be headed in to the office beforehand	
Skiing and snowboarding	Gloves or mitts, thick socks	
	Long sleeve top and trousers	
Forest explore	Wellington boots (can be borrowed from the centre)	
Optional items	Bin bag for wet/muddy gear	
	Torch	
	Sports bottle for drinking water	