Suggested Kit List 2020 – 3 Day / Weekend residential

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| **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 |  |
| 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 |  |  |
| Bug Spray | In summer there can be a lot of midgies! |  |
| 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.**