

East Barnby Kit list for a residential outdoor course

Our courses involve a lot of time outdoors, whatever the weather, and there is a likelihood of clothes getting wet and/or muddy. Summer or winter conditions will dictate a different emphasis on the amount to be brought, but hard-wearing, warm clothes are required. The following should be regarded as a minimum for all 5 day courses. You may get away with a bit less if only coming for 2 or 3 days.

<u>Clothes for Activities</u>		✓
<ul style="list-style-type: none"> • 3 pairs thick socks & 3 pairs thinner socks (no trainer socks or toe socks) • 4 to 5 long sleeved fleece/hoodie/jumper/warm top • 3 to 4 trousers (NO Jeans), tracksuit bottoms or doubled-up leggings are ideal • Fleece /woollen gloves or mitts, warm hat, scarf/buff/snood • Swimming costume/shorts for under wetsuits • Waterproof jacket or coat (you will be provided with a full set of water proofs when you get here but it is nice to have your own if its suitable) • 3 or 4 warm shirts / T-shirts / thermal tops (avoid cotton) • 2 pairs of trainers: 1 pair for normal use + 1 old pair for wet activities 		
<u>OTHER ESSENTIALS</u>	✓	<u>USEFUL ITEMS</u>
• Several changes of underwear		• Wellington boots
• Several pairs of socks for when not on activities		• Torch + spare batteries
• 2 good-sized towels		• Small daysack
• Personal medication		• Writing materials
• Plasters for blisters		• Books/playing cards
• Toiletries, etc. *NO AEROSOLS		• Lypsyl or lip salve (all year)
• Drinks Bottle (1 litre) and flask		• Cuddly Toy
• Sun block – Factor 30 minimum		• 2/3 black bin liners
• Sunhat/Sunglasses		• Tuck Shop money
• Pyjamas or night-clothes		• Flip-flops for the shower
• Casual clothes for evenings		

IMPORTANT NOTES

All specialist outdoor equipment will be provided by the centre.(eg – wetsuits, waterproofs, helmets,etc).

Please mark your child’s name on all clothing and personal possessions – this is especially important for medication such as inhalers. Remember you may be in a dormitory with 12 or more people. The centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and centre staff are not allowed to look after them.

Please check with your teachers to find out what the appropriate amount of pocket money is to bring for spending in the Tuck Shop. It is very helpful if students bring small change.

The course is an opportunity to experience a simpler life and experience time away from the on-line world and the consumer society – please do not bring mobile phones, ipods, ipads, games consoles, MP3 players, etc. It is nice to talk to each other, listen to the sound of the wind in the trees, bird calls and mountain streams.

Please note that all aerosol products such as deodorants or hairspray are not allowed at the Centre as they set the smoke alarms off! Please bring a suitable alternative.