

KIT LIST

Here are tick lists to ensure you bring everything you need, please ensure that **everything** is clearly labelled:

FOR INDOORS

Item	Tick
2 x single sheets, or 1 x single sheet and 1 x Duvet cover, plus 2 x pillowcases <u>NO SLEEPING BAGS please</u>	
Soft flat shoes, clean trainers or soled slippers for indoor use. <u>NO Slipper socks, flip flops or novelty slippers allowed</u>	
Plastic bin liner for wet or dirty clothes	
Clean casual clothes for indoor wear	
Changes of underclothes and socks	
Towel, wash kit, nightwear. No aerosols to be used in bedrooms although they can be used in the main bathrooms	

FOR OUTDOORS

Item	Tick
Waterproofs, e.g. cagoule (over trousers if available)	
Walking boots, or strong low-heeled shoes or outdoor trainers	
Old jeans, cords, joggers, etc (2 pairs or more), shorts in summer	
Warm anorak or parka	
Sunhat and protective sun-screening lotion in summer	
2 sweaters/sweatshirts	
Several pairs of socks, at least one thick pair	
Woollen hat and gloves	
Old shirt/T-shirt (2 or more)	

EQUIPMENT

Item	Tick
Small day rucksack (no string rucksacks or carrier bags) and a packed lunch (not in a lunchbox but in throwaway bags or foil).	
Plastic watertight bottle, marked with owner's name for the packed lunch drink as we do not provide bottles	
Pocket size notebook, pencils and pens	
1 x teddy	