



# Kit List for Residentials and Team Days

Kit for each activity is shown by category. Several items are duplicated, so please bring “more” rather than “less”.

**For day trips.** Kit should be provided according to the activity categories below. It is wise to bring a change of footwear and clothing for travelling home, especially if coach travel is involved.

## **For residential trips:**

- A sleeping bag and pillow are necessary for all residential courses. For camping courses, an insulating ground mat is also required.
- Ground mats and sleeping bags can be hired. (*Subject to availability*)
- Knife, fork, spoon, plate, bowl, mug and tea towel are needed.
- Nightwear.
- Warm hat, gloves.
- Torch and batteries.
- A waterproof jacket is essential and waterproof trousers are advised.
- Wellington boots, although not fashionable, are ideal in wet weather.
- A few bin liners help when packing wet clothing during/after the course.

**On ALL courses:** A reusable drinks bottle is needed. Sun hats and sun cream are vital in the summer. T-shirts which leave the shoulders bare are not suitable for hot weather.

## **Kayak/canoe.**

Old trainers, long sleeved shirt or tee shirt, shorts or trousers (not jeans), lightweight gaiters, swim wear, towel, a warm top. Trainers will become wet and bare feet are not permitted, so changes of footwear are necessary.

**Climbing, abseiling and high ropes:** Tee shirt, warm top, waterproof jacket/trousers (according to weather). Trainers, shorts/trousers.

**Orienteering and general activities:** As for climbing, but running in woodlands may need long trousers, even in hot weather, due to foliage.

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## General

1. You are advised to clearly mark all property.
2. Blackland Farm Outdoor Centre strongly advises that mobile telephones, cameras, music players and other similarly valuable items should not be brought on your course. We cannot guarantee or be liable for their safety from theft or damage.

***Please make sure you have filled in and returned the medical form which accompanies this course and that special dietary requirements are included for residential guests***