

Longtown

Outdoor Education Centre

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Students' Kit List

There is no need to make special purchases; the centre provides all specialist equipment, including waterproofs and boots. **You should, however, expect to get wet and dirty during each day's activities,** so you will need to bring several changes of warm clothing.

Item	Notes	Tick
Bedding : Pillowcase, sleeping bag or a quilt cover.	The Centre will provide a pillow, bottom sheet and a quilt.	
Casual clothes for travelling and relaxing	1 or 2 sets	
3 prs of thick socks to wear in boots and wellies	Wool mix are best: nylon may cause blisters	
4 pairs of warm loose trousers	Track suits are ideal. Jeans are no good: they are very cold and heavy when wet.	
4 warm jumpers or sweatshirts	Cheap fleeces are ideal	
4 old long-sleeved T-shirts		
3 or 4 T-shirts		
Long johns or leggings	Ideal for extra warmth in winter	
Underwear and socks	Several changes	
Shoes to keep clean for indoors	Not slippers or flip-flops: they are not safe on our old wooden stairs and floors	
1 pair of old trainers	For outdoors and for water activities	
A warm hat	Wool or fleece – even in summer	
1 pair of warm gloves	2 pairs in winter	
Swimming costume	For water activities	
2 large towels	1 for showers, 1 for changing after activities	
2 large bin liners	For wet clothes after activities	
Personal wash kit, toothbrush, etc.		
Night clothes / pyjamas		
Small torch and spare batteries		
Small personal first aid kit	Label children's medicines and hand to teachers	
1 or 2 plastic drinks bottles	Labelled with name	
A watch	To be in the right place and on time!	
A small amount of spending money (£5 - £10). (Teachers may choose to collect this in)	The Centre shop sells souvenirs.	
In Summer: Shorts		
Sun hat		
Sun cream		
Sunglasses		