

Longtown Outdoor Education Centre

KIT LIST

There is no need to make special purchases, the centre provides all equipment, including waterproofs and boots. **You should expect to get wet** during each days activities, so you will need to bring several changes of warm clothing appropriate to the time of year.

RECOMMENDED MINIMUM CLOTHING AND KIT

- Casual clothes for travelling and relaxing
- 3 pairs of THICK socks for inside boots
Wool mix are best, nylon may cause blisters
- 4 pairs of loose warm trousers
Tracksuits are ideal, Jeans are NOT suitable
- 4 warm jumpers or sweatshirts
Wool or fleece is best, V necks are bad
- 2 old long-sleeved shirts
Warm for winter use
- T shirts
For an extra warm layer
- Long johns or leggings
For extra warmth in winter
- Underwear and socks
Several changes
- Trainers
Extra old pairs are VERY useful especially for water activities
- House slippers
Slippers or Trainers for inside
NO BOOTS ALLOWED INSIDE
- Warm hat, gloves or mittens
Extras are useful in winter
- 2 large towels
Daily showers, Swimming and changing after activities
- Swimming costume
- Washing kit
- Pen, pencil, watch
- Torch and batteries
- 2 large bin liners
For wet clothes
- Small personal first aid kit

IN SUMMER

- Shorts
- Sunhat
- Sunglasses
- Sun Cream

OPTIONAL

- Plastic water bottle or unbreakable flask For midday drinks, or we have a shop and drinks machine
- Camera and film Disposable cameras are good
- Calculator and coloured pencils For Field Studies courses
- Spending Money You will need **£2** if a visit to Pontypool Hydrosrides is part of your course. We have a shop on site for snacks, drinks and souvenirs. Large amounts of money are not necessary.

You will need to bring with you a **packed meal** for the journey to Longtown.

STUDENT PAYPHONE (Coins only) **01873 860 481**
for making and receiving telephone calls

PLEASE NOTE:

Mobile telephones do NOT work in Longtown
You are therefore advised to leave them safely at home

STAFF – you may wish to consider:

- ◆ Group Insurance Northampton groups should contact Sylvia Paine, County Hall. 01604 236479
- ◆ A Video Camera Useful for group reviewing and a record of your course. We have VHS playback facilities.
- ◆ Digital camera and accessories Phone to check for compatibility
- ◆ Entertainment, videos and indoor games For late evening and wind-down sessions, particularly in winter.