

KIT LIST

SPECIALIST CLOTHING AND EQUIPMENT IS PROVIDED BY THE CENTRE

Children may get wet and muddy everyday. Whilst clothes can be dried in the drying room overnight, underwear and socks will need to be changed at least once a day.

The following is a kit list for each child to bring with them. It is an essential list regardless of the season. It is the responsibility of the parent to ensure that their child is adequately equipped. Safety outdoors starts with basic clothing. Please make sure that ALL clothing is labelled.

FOR OUT OF DOORS

Underwear for each day
5 pairs of woollen thick socks (loop lined ski socks are best)
3 warm shirts
3 sweaters (wool or fibre pile/fleece are best)
3 pairs of tracksuit/leggings/ski trousers
NO JEANS are allowed for out of doors use
Set of old but warm clothing for caving
Hat, scarf, gloves
Old trainers that can get wet and muddy
Wellington boots and walking boots if you have them. Do not go and buy these especially for Tirabad as the Centre has them available
Drink bottle (essential – more than half a litre)
Sun hat in the summer
Swimsuit
Sun tan lotion
Insect repellent (summer)
Watch for orienteering
Children will need to wear three warm layers for most activities and it is best if the layer they wear next to their skin is a man made thermal material.

FOR INDOORS

Sleeping bag
Toiletries
Bath Towel (2)
Polythene bag for laundry
Casual clothes for evening
Indoor shoes or slippers to keep clean
Nightwear
Pillowcase
Underwear
Socks
Writing Materials
Camera if you wish
Book