

Trewern Outdoor Education Centre



KIT LIST

WHAT TO BRING

In a medium sized suitcase/bag

YOUR MUST BRING:

- A pillow case
- A bottom sheet (single bed size)
- A single duvet cover or sleeping bag

YOU MUST BRING SEVERAL SETS OF WARM PRACTICAL CLOTHES FOR ACTIVITIES – THIS SHOULD INCLUDE:

- 4 Sweaters
- 4 T-Shirts
- 4 pairs of jogging bottoms
- 4 pairs of thick socks (to wear with boots)
- Warm hat and gloves (even in summer)
- 2 Large waterproof poly bin bag/bin liners
- In summer - shorts, sun cream, sunhat
- Swimming Costume
- **1 litre Water Bottle or £1.50 to purchase a Trewern Bottle**

YOU WILL ALSO NEED TO BRING THE FOLLOWING:

- Clothes to wear in the centre in the evenings, and for travel to and from home.
- A pair of slippers or trainers with soft soles to wear only in the house
- Trainers or shoes for outdoor use
- Pyjamas or nightdress
- Towels and wash kit

PLEASE NOTE

- **All** specialist equipment and footwear for activities will be provided by Trewern. There is no need to bring your own waterproofs and boots.
- There is no need to buy new clothing - old clothes are preferable for activities.
- You are advised to mark all items of clothing.
- A drying room is available which will dry clothes overnight, but there are no facilities for washing clothes.
- A First Aid Kit is not essential, pupils can bring a basic kit - e.g. plasters, along with travel sickness pills and any prescribed medicines.
- The weather at Trewern is often colder and wetter than in the South East. Groups may be out-of-doors all day, and may be in mountainous areas. Warm clothes may be needed even in the summer.
- Televisions, radios or stereos are not allowed. There is no objection to cameras, MP3 players or small personal computer games, but these are brought at your own risk. Valuables or jewellery are best left at home for their safekeeping.
- Do not bring hair straighteners, they are a fire risk and are not allowed.