



Gwent Outdoor Centres – Residential Kit List

- ✓ For your own comfort & safety we ask all visitors on a residential course to bring the following clothing **as a Minimum**.
- ✓ *Participants will be doing wet activities & will be out in all weathers so you should assume two sets of clothing will get completely wet during a stay with us.*
- [Indoor shoes/slippers
- [Outdoor trainers
- [3 pairs of Long, THICK socks, no trainer socks for activities please
- [2 Combat trousers/jogging bottoms (No jeans on activities)
- [Several T-Shirts
- [Several LONG sleeved tops eg Rugby shirts, sweat shirt, hoodie
- [A Thick Warm Fleece Top
- [Warm Hat/Sun Hat
- [2 Pairs of gloves (one will get wet or lost !)
- [Plenty of underwear
- [Towel & wash kit
- [Waterbottle (1 litre if possible) otherwise we will provide
- [Sleepwear
- [Suncream
- [Waterproof Plasters
- [Lipsalve
- [Black Bin bag for wet clothes
- [Medication eg Asthma pump (must bring if any history of Asthma), travel sick pills etc

- [Single Duvet Cover
- [Pillow Case

- [Jewellery is best left at home.
- [Small amount of money for tuck/gift shop
- [Play Stations etc as determined by your school – but these are brought AT YOUR OWN RISK

- [All items should be packed in a case/holdall that you can carry/move

- [All items of a specialist nature will be provided eg Wellies but you may bring your own eg walking boots, waterproof jackets. Centre staff will check these for suitability before they are used