



D of E - Students Personal kit List

General:

Washing kit and towel	Large plasters	Roll on deodorant (not aerosols, they set the fire alarm off)
Notebook, pen/pencil,	Torch with batteries	Plastic drinks bottle (1 litre is essential)
Indoor footwear (slippers or trainers)	Nightwear and underwear	Small/medium lunch box
Sun block protection (at least factor 20-30)	Change of clothing for evenings	
2 large polythene bags (strong dustbin liners)		

Outdoor activity clothing:

Students will need two complete changes of clothing for the activities in addition to the following items

2 thick fleece jumpers or sweaters	3 Tee-shirts (some long sleeved if possible)	1 pair of 'old' trainers
2 pairs loose or track suit trousers	1 pair gloves/mittens	Swimming costume
Sun hat/baseball cap	3 pairs of thick socks	1 pair of shorts
1 woollen or fleece hat	An additional large towel to allow privacy when changing out of doors	

N.B. Cotton stays cold when damp so on wet days and for water sports we recommend wearing fleece, nylon, wool, or 'thermal' underwear next to the skin. These non-absorbent materials retain some insulation even when wet, whereas a cotton Tee shirt or jeans can feel like you are wearing a cold, wet dishcloth!

Useful optional extras:

Do not buy these items specially; just bring them if you have them:

- Wellington boots
- Windproof, waterproof top
- Windproof, waterproof trousers
- Body warmer or padded jacket/ski jacket
- Camera (not an expensive one)
- Wet suit
- Mountain boots with rubber, Vibram soles and sewn tongue
- Medium-sized (20 litres +) day rucksack
- Non perishable snacks

Blue Peris provide:

- Waterproof jacket
- Waterproof over trousers
- Rucksack
- Survival bag
- Fleece jumper
- Balaclava
- Mountain boots
- Wellies

What not to bring:

Aerosols – they set off the fire alarms

Hair straighteners– BIG BIG NO NO ! MAJOR FIRE HAZRD

Items of value are discouraged (e.g. mobile phones, ipods, game consoles)

Trainer socks are not suitable for any activity

Money:

There is a small tuck-shop onsite which sells drinks, snacks and souvenirs. We often visit a local Spar shop and ice cream shop. In addition to this, students may get the chance to go white water rafting (This costs 15.00) and the cinema (cost for ticket, food etc is required)