

## 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	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  
Electrical equipment (including hair straighteners and dryers) – there are no sockets in the dormitories and they are a fire hazard. *Hair dryers are supplied in the washrooms*  
Items of value are discouraged (e.g. mobile phones, ipods, game consoles)  
Trainer socks are not suitable for any activity

### Money:

You don't need much but there is a small tuck-shop onsite which sells drinks, snacks and souvenirs