

Kit List



Indoors

Bedding:

2 x single sheets or 1 x single sheet and 1 x duvet cover. 2x pillowcases.



For hygiene reasons - **No Sleeping Bags**

Clean indoor shoes or slippers



For safety reasons - **No flip flops or large novelty slippers**

Towel
Wash kit
Nightwear
Casual clothes for indoor wear
Bin bag for wet/dirty clothes



Outdoors



Walking boots or trainers



Wellington boots - especially in wetter months and any river work

2 Jumpers/fleece
2 Jeans/trousers
2 T- Shirts



Several pairs of socks (at least one thick)

Waterproof Coat



Small rucksack
and lunch box



Drinks bottle - to refill each day

Wet/Cold Conditions:

Extra layers - jumpers/fleeces, socks etc

Warm and waterproof coat and waterproof trousers.

Woolly hat, scarf, gloves



Sunny/Hot conditions:

Sun cream, sun hat, shorts

