

## KIT LIST FOR VISITS TO ENTRUST OUTDOOR EDUCATION CENTRES.

The check list below has been compiled to help you prepare for your visit. It is not necessary to go out and buy lots of new and expensive things for the visit as you are likely to get wet and mucky at times. Old but comfortable clothes are great. Please avoid jeans for activity wear as once they are wet they become very uncomfortable and you will get cold easily.

Entrust Outdoors will provide all specialist and safety equipment required for the activities including waterproofs and rucksacks for walking activities.

Please label all your clothes, packing your bag with the help of an adult if required. Tick off the checklist and bring it along to the centre with you. You may have to help put your bag on the coach and carry it to your accommodation so make sure you can manage it all.

Accommodation		
Dormitory	Camping	
Single duvet cover, pillow case. <i>Entrust will provide duvets, pillows and bottom sheets.</i>	Sleeping bag, pillow. <i>Entrust will supply sleeping mats</i>	
ITEM	Number	Packed at Home
<i>Example T Shirts</i>	4	✓
Underwear		
Socks including warm, full length long socks for walking		
T-shirts		
Trousers/Tracksuit bottoms		
Shorts		
Warm jumpers		
Outdoor trainers and walking boots if you have them.		
Indoor trainers		
Wellingtons		
Waterproof and warm outdoor coat		
Nightwear		
Swimwear, shorts and T-shirt to get wet in for water activities		
Hat, gloves, scarf		
Sun hat, sun glasses, sun cream		
Wash kit		
Towel (more than one if attending a water sports course)		
Additional Items		
Torch and spare batteries		
<b>Unbreakable mug and tea towel ( Laches Wood only)</b>		
Water bottle		
Pocket money		
Plastic Bags for wet and dirty clothes		
Lip Salve		
<b>Medication if required. Labelled and given to Visit Leader</b>		
Pens and pencils, and a book to read.		

\*For water sport activities please bring a pair of old trainers which you do not mind getting wet. The centres have a limited supply of waterproofs and wellies and can lend them to you but if you have your own please bring them.

**Please do not bring mobile phones; school staff will arrange contact with home if necessary. Please do not bring electrical items such as iPods, games devices etc. as Entrust Outdoors cannot be held responsible for loss or damage. Cameras can be brought but they must be used sensibly and they are the responsibility of the owner. Entrust Outdoors cannot be held responsible for any loss or damage to cameras. Please avoid bringing your own snack and drinks. They will not be allowed in the dormitories and there may be other visitors on site who may have allergies which may be activated by your snacks etc.**