

# STUDENT KIT LIST

We will provide all necessary safety equipment and protective clothing during your stay, including harnesses, helmets, wetsuits and buoyancy aids. Below is a guide to what we would recommend you bring but please consider the time of year and weather forecast when deciding what to pack!

	Check list - essential items to bring <span style="float: right;">✓</span>
<b>Essential Items</b>	Several complete changes of warm casual clothes, e.g. tracksuits, fleece jumpers, training shoes ( <del>and</del> not jeans) Three or four t-shirts Casual clothes for evening wear Spare underwear and socks Waterproof coat and (trousers - optional) Night wear Single duvet and cover (or sleeping bag), single bottom sheet and pillow with case Washing kit and towel Warm woolly hat and gloves Sun hat/cap High factor waterproof sun cream/lip salve Sunglasses (with retaining strap) Personal Medical supplies e.g. Inhaler, EpiPen
<b>For skiing &amp; snowboarding</b>	Gloves or mitts, thick socks Long sleeve top and trousers
<b>For Watersports</b>	<del>Swimsuit and t-shirt/rash vest to wear underneath a wetsuit</del> <del>Old trainers or wet shoes to wear during the activity (they will get wet)</del> <del>An extra towel</del>
<b>For Field Studies</b>	Wellington boots (can be borrowed from the centre) Waterproof coat & trousers (can be borrowed from the centre)
<b>Optional items</b>	Bin bag for wet/muddy gear Sports bottle for drinking water Small day sack Camera - <i>disposable</i> Torch Pocket money for the gift shop ( <i>£6 max</i> )