Kit List

The courses at the centre involve a lot of time outdoors whatever the weather, and there is a likelihood of clothes getting wet. Summer or winter conditions will dictate a different amount to be brought, but old hard-wearing warm clothes are required.

Clothing for activities	√
3/4 pairs of walking/thick socks	
3/4 long sleeved fleeces or sweaters	
Gloves and hat (no scarves)	
3/4 warm shirts, T shirts or thermal tops	
2 pairs of trainers, 1 for normal use, 1 old pair for wet activities	
3/4 pairs of trousers, tracksuit bottoms are ideal (jeans are not suitable for activities)	
Waterproof coat (and trousers if you have them)	
Other Essentials	√
4 changes of underwear	
2 pairs of socks (not for activities)	
A good sized towel	
Wash Kit	
Tissues	
Pyjamas or night clothes	
Indoor shoes or slippers	
A set of casual clothes for social activities	
Wellies	
Books/Playing cards	
Torch	
Bin liner for wet/smelly clothes	

Please **DO NOT** bring: Mobile phones/cameras/spending money/ food (due to allergies)

Notes

Students are asked to make sure that wherever possible their name is on their clothing and personal possessions.

To help keep all visitors safe Peat Rigg is a Nut Aware Centre. Please do not bring any nuts or products containing nuts.