

YEAR 8 - OUTWARD BOUND RESIDENTIAL 1 July 2016 – KIT LIST

To ensure the comfort and safety of your child during the activity sessions we recommend that your child brings the following kit:

Please ensure all clothing is clearly labelled! *compulsory

Old Jogging Bottoms or leggings for Water sports* - (Jeans are not recommended)
Jogging Bottoms/ leggings or shorts for dry activities* - (Jeans are not recommended)
Plenty of T-shirts*
Spare socks and underwear*
Gloves
Sun Hat or cap
Towel for showering*
Old towel for after water sports (as it could be muddy!)*
Old trainers or similar for water sports*
Training shoes for dry activities*
Plenty of hair bobbles
Torch
Sun cream*
Insect repellent
Waterproof Jacket
Waterproof Trousers
Warm Jumpers/Fleeces
Wellies
Black bin liner labelled with name for wet clothes*

This list is not exhaustive, weather depending your child may not need all of the above (i.e. waterproof trousers)

The list is only for activities and your child may wish to bring extra clothes for free time.

A drying room is available.

As all specialist equipment will be provided by the centre there is no need to purchase costly items.