

Kit List

High Adventure Outdoor Education Centre

This list represents the minimum kit required for a long residential weekend at High Adventure.

- Medication (clearly labelled)
- 1 x large towel
- 2 x pairs of trainers (1 pair suitable for climbing/cycling the other pair for wearing around the centre)
- Re-usable drinks bottle
- Comfortable indoor clothes for wearing around the centre
- 2/3 pairs of tracksuit bottoms or similar-these should be suitable for climbing/road cycling (**NO JEANS-THESE ITEMS MAY GET WET/MUDDY/OIL ON THEM SO NOTHING TOO EXPENSIVE PLEASE**)
- 2/3 sweatshirts
- 2/3 T-shirts
- Socks & underwear
- Cycling gloves & hat (cold weather items)
- Sun cream (warm weather item)
- Toiletry bag – shampoo, soap, toothpaste & brush
- Pyjamas / similar
- Tupperware box for packed lunch
- Small rucksack / day bag
- Mobile phone
- Torch and batteries (this will probably be your mobile phone)
- Warm jacket/coat
- Mug- **IF YOU WISH TO DRINK, YOU NEED A MUG!!**
- A small amount of money (we would recommend no more than £30)

Packed lunch for day of arrival