

RED RIDGE CENTRE

KIT LIST

The following is a suggested list of clothing. Emphasis must be placed upon old, warm clothes and suitable footwear. Appropriate clothing and cream for protection against the sun should also be remembered. **Please ensure that all items including footwear are NAMED.**

OUTDOOR ACTIVITIES

It is very important that everyone has **at least** two pairs of old training shoes or similar as they are required for climbing and water sports, for which walking boots are not appropriate.

Waterproof/windproof anorak (not showerproof)
Waterproof trousers (if available)
Walking boots or wellies (in a separate named carrier bag)
2 pairs of socks for outdoor activities - preferably woollen
2 pairs of old long trousers (jeans are not suitable; track suit trousers are ideal)
Shorts
2 sweaters (preferable old)
2 long sleeved shirts (provide warmth or protection against the sun)
2 T-shirts (can be used as a vest in cold weather)
Swimming trunks/swimming costume for in the showers
Set of old clothes for canoeing/underground exploration (if possible)
Gloves, woolly hat/hat for protection against sun
2 large dustbin liners for dirty clothes and footwear

INDOOR

Sleeping bag (pillow and pillowcase are provided)
Underclothes
2 towels (large)
Pyjama/night-dress
Indoor shoes/slippers
Complete change of clothes for indoors (casual clothing including jeans)
Toiletries
Lipsalve
Insect repellent
Handkerchief/tissues
Hairbrush/comb
Books/reading material
Small games
Named disposable camera (that will be handed in each evening)
Day bag/rucksack (only needed for journey to Red Ridge and return)
Sun cream (**very important**)
Water bottle (named)

All specialist equipment that the children require is provided by the Red Ridge Centre.