

INGLEBOROUGH HALL OUTDOOR EDUCATION CENTRE

SUGGESTED KIT LIST FOR VISITORS

To be considered *essential* all year round – even shorts and swimsuits etc!

OUTDOOR:

Socks	Several pairs, preferably thick ones, to be worn with boots and Wellingtons. Wool / nylon loop stitch are ideal. 'Trainer' socks to be avoided!
Trousers	Preferably several pairs of thick close woven fabric rather than denim jeans. Track suit bottoms are ideal.
Swimsuit	Great as underwear for wet activities.
Shorts	Nylon 'football-type' shorts are excellent.
Headwear	Woollen / fleece hat, or balaclava for warmth, plus a sun hat that offers protection to ears and back of the neck.
Gloves	Woollen, or synthetic 'ski-type', are best.
Jumpers	Several warm ones; fleece, fibre-pile, or wool, are ideal.
Sun protection	High factor sunscreen for use on sunny days, plus a light long sleeved top.
Midge repellent	Can be useful during the April – October period.

INDOOR:

Shoes	Indoor footwear. e.g. shoes, slippers, trainers etc.
Clothing	Casual and comfortable.
Night-clothes	Whatever is normally worn at home.
Toiletries	Soap, towel, comb / brush, toothbrush and paste.

ODDS AND ENDS:

Bin liner (poly bag)	To put wet, muddy and dirty clothes in to take home.
Name tags	Essential on all clothes, especially when using the drying rooms.
Drinks bottle	There will be opportunity to wash and re-fill bottles during the stay

NOT RECOMMENDED:

To avoid personal injury students should not wear rings or ear-rings when caving, gorge scrambling or climbing. It is recommended that jewellery and other valuables are not brought to the Centre.

WHAT THE CENTRE PROVIDES:

The Centre will provide visiting students and staff with **boots, cagoule, over-trousers, rucsac, and any specialist equipment required** for the outdoor activities.

It is essential that leaders and parents ensure that each member on the course has an adequate supply of warm clothing to wear under the shell clothing provided.