



# Kit List

Plas Caerdeon Outdoor Education Centre, Barmouth, Gwynedd, LL42 1TH

So that students can get the best from their participation in outdoor activities, it is important they kit themselves out properly. That doesn't mean buying the most expensive waterproofs or bringing along the latest designer-label trainers. Old clothes are the best ones - new clothes don't usually come home in the same state!

## The centre will provide the following if required:

- waterproof jacket and overtrousers
- day rucksack
- fleece jumper
- fleece hat
- walking boots
- specialist equipment for activities

## For outdoor activities you will need to bring:

- Warm layers - lots of thin layers are better than one large thick layer (fleece type jumpers are ideal)
- Trainers
- Wellingtons
- Old trainers if kayaking
- Thick walking socks (several pairs)
- Gloves
- Hat
- Swimming costume (for watersports)

## Other things you will need:

- A lunch and drink for your first day
- Drinks container
- Lunch box (old ice cream tub is recommended)
- Towels
- Toiletries (don't forget your toothbrush!)
- A change of clothing for indoor use, particularly footwear.
- Nightwear
- Enough underwear to last 4 nights (including a few spares)
- Sun cream & sun hat (weather dependant)
- Pocket money (Up to £10 in change and in a labelled purse or wallet)
- Cheap, disposable camera (not essential but may be wanted)

## Don't forget

- Name all items of clothing and belongings so as to prevent mix up in the dormitories.
- Bed linen and duvets are provided by the centre.

## Posh Stuff:

We would strongly advise you **not to bring** any jewellery, mobile phones, ipods, DS's or any other electronic devices (posh stuff), to the centre as it is very likely they'll get damaged/lost during your course!