

Camp Information and Kit Checklist

GENERAL ITEMS

- ☐ Sleeping bag
- ☐ Fleece blanket (recommended)
- ☐ Bed; safari-type, air bed, three inch foam sponge or camping mat
- ☐ Pillow
- ☐ Waterproofs; cagoule jacket and trousers
- ☐ Warm jacket e.g. anorak or fleece
- ☐ Woolly hat or balaclava
- ☐ Wellington boots (recommended)
- ☐ Trainers
- ☐ Flipflops/shoes for crossing the field
- ☐ Rucksack – big enough for water, lunch and waterproofs
- ☐ Swimming kit and bath towel
- ☐ Wash kit, towel
- ☐ Nightwear
- ☐ Bible, notebook and pen
- ☐ Torch and spare batteries
- ☐ Lunch box and sturdy drinks bottle (sandwich bags provided)
- ☐ Several plastic bags for packing wet or dirty clothes
- ☐ A complete change of clothes in a labelled waterproof bag for emergency use
- ☐ Any necessary medication (to be handed in to leaders)
- ☐ Sun cream



WALKING & CLIMBING KIT

- ☐ Day rucksack with a waterproof liner e.g. bin liner
- ☐ Walking boots with top ankle support - these must be worn for all hill walking
- ☐ Thick socks
- ☐ Warm jumpers
- ☐ Warm trousers.

Jeans or similar heavy cotton trousers are unsuitable. When wet they cling to the legs and cause rapid heat loss which can be very dangerous.

WATERSPORTS KIT – ghyll scrambling, canoeing

- ☐ Old pair of trainers or canvas shoes (they will get wet!) Slip-on wet shoes are NOT suitable as they are easily pulled off by the strong river currents.
- ☐ Old pair of long shorts
- ☐ Spare set of dry clothing.
- ☐ Swimming things and towel
- ☐ Windproof top eg cagoule.

PLEASE BE ADVISED:

We will do everything we can to prevent lost property whilst on camp but once camp has ended we cannot store items, therefore must dispose of all 'unclaimed' items. We recommend name labels where possible.

Mobile phones and mp3 players etc. are brought at the owner's risk. The centre car park is used by the public and part of the centre is open so valuable items should never be left unattended in the centre or in tents.