

- Towel
- Wash kit (no aerosols as they can set the fire alarm off)
- Torch**
- Personal medicines e.g. asthma inhalers if needed
- Insect repellent
- Sun cream and sun hat for courses during the summer
- Drinks bottle
- Sandwich box

- A complete change of clothing
- Pair of washing up gloves (for river/marine work)
- Glove, hat and scarf
- Warm, old clothing, including thick socks (we do not recommend jeans as they become cold when wet)
- Walking boots or strong shoes*
- Waterproof clothing*
- Wellington boots*

- Calculator
- Clear plastic bag to write inside if it rains**
- Lined paper and folder**
- Pencils, pens and rubbers**
- Ruler**

* Available to hire from the Centre

** Most Centres have a shop where these can be purchased (check with the Centre beforehand)