



## Kit list for Rhos y Gwaliau

The centre will provide all students with the following items for the week:

- ✓ Walking Boots
- ✓ Waterproof Jacket and Trousers
- ✓ Fleece Jumper\*
- ✓ Rucksack

*\*In the winter we also provide windproof jackets and balaclavas as needed.*

The centre kit it is hardwearing and durable and generally offers more protection. We advise using our kit and not ruining your own.

### Personal items - you will need the following:

#### For indoor use

- Fitted bed sheet, duvet cover and pillow case
- A set of casual clothes
- Slippers or indoor shoes
- Night clothes
- Toiletries in a bag
- Two towels
- Sufficient change of underwear/socks

#### For outdoor use

- At least 2 changes of warm clothing (old clothes are best) to include:
  - warm jumpers (fleece or wool are best)
  - Tracksuit bottoms or warm leggings (not jeans)
  - T-shirts or tops some with long sleeves
- Swim wear (all year)
- Wellies
- Warm hat + gloves or mittens
- Sun cream SPF50 ideally/sun hat (warmer weather)
- Pair of shorts (warmer weather)

**We would encourage families not to go to undue expense, old clothes, are sufficient.**

#### Additional

- Lunch Box
- Flask for hot drink - Please don't use flasks with glass inners as they will not survive the experience. Thermal mugs also leak and don't hold enough for a full day out.
- Water bottle - very important in warmer months
- Torch
- 2 large plastic bags for dirty laundry

**All items should be clearly named**

**Valuable items, particularly electrical items, should be left at home; Cameras should be inexpensive (disposable?) and will be the owner's responsibility.**