**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

**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.**