

## Plas Gwynant Residential: Kit List

Please note that all specialist outdoor equipment including waterproof jackets and trousers – as well as rucksacks - will be provided by the Centre. The clothes that you bring to wear for activities will get dirty, wet and scruffy, so **do not** bring your best things. You also **do not** need to buy lots of new items – the older the better!

Essential – for either summer or winter	
Towel, hand towel and toiletries	3 warm woolly jumpers, hoodies or fleeces
Pyjamas	2 pairs of warm loose fitting trousers (NOT jeans) joggers and thick leggings are ideal.
Clothes to wear when not on activities	3 T shirts/thermals
1 pair of indoor shoes/slippers to wear around the centre	1 long sleeved T shirts or football shirts
Warm hat and gloves – yes, even in summer!	<b>3 pairs of thick, preferably long, walking socks – absolutely essential – thin socks <u>will not</u> do</b>
<b>Lunch box and reusable drinks bottle</b>	1 pair of <b>robust outdoor trainers</b> suitable for walking on rough ground and getting wet.
<b>Torch</b>	Plastic dustbin liner for taking wet kit home in!

For winter courses, it is advised to bring extra jumpers/fleeces, socks, long-sleeved t-shirts and trousers/joggers. Cotton layers next to the skin are not a good idea as they do not keep the body warm when they become damp. Thermal layers are highly recommended.

### Optional:

- Wellington boots (no fashion wellies!)
- A book, puzzle book or notepad for the coach journey
- A disposable camera

