



Suggested Kit List for Weekend or Split Week Residential at Oaklands

Oaklands can kit you up with all specialist equipment, including waterproofs, fleece jumpers, wellies, boots, ect.

We do some pretty crazy stuff so it's **better to bring older clothing** for the activities! You're also likely to have to walk from your coach to the Centre (about 1/2 KM so make sure you have some good shoes on and a jacket on your coach trip to the Centre!

Here's a list of the sort of things you'll probably need during your course:

- **Lunch and drink for your first day**
- 2 Warm sweaters
- Woolly/Warm hat
- Warm Jacket
- 3 T Shirts / shirts
- 2 Pairs of track suit bottoms or similar (not jeans!)
- 2 Pairs of thick socks (not trainer socks)
- 1 Pair of old trainers
- Slippers or soft indoor shoes
- Pair of shorts
- Nightwear
- Swimwear
- Underwear for 3 days
- Additional casual clothes for indoor use
- Some money for spending (The Centre has a tuck shop, which sells sweets, drinks and small souvenirs)
- Paper and pencil
- Large plastic bag for wet clothes
- Any medicine you take on a regular basis
- Toiletries (don't forget your toothbrush)
- Towel
- Torch

In the Summer

- Sun cream – Factor 20 at least
- Sunhat
- Sunglasses

In the Winter

- Extra socks and jumpers

Optional Items:

Camera and film (we do have digital cameras which are taken on activities, the photos are then given to your group leader on a CD at the end of the course)

Posh Stuff:

We would strongly advise you **not to bring** any jewellery, mobile phones (these very little mobile phone reception anyway!), ipods, game boys (or girls) or any other electronic devices/posh stuff, to the centre as it is very likely they'll get damaged/lost during your course!