



# Suggested Kit List for 5 day 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**
- 3 Warm sweaters
- Woolly/Warm hat
- Warm Jacket
- 5 T Shirts / shirts (ideally non-cotton, like a football shirt)
- 2 Pairs of track suit bottoms or similar (not jeans!)
- 5 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 jumper

#### **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, 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!