



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**
 - Sandwich box (e.g. old ice cream tub or margarine tub)
 - 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 15 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!