



# Suggested Kit List for a Day Visit 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! To give you as much time out on activity as possible we'd suggest you come to the centre wearing appropriate clothes to go out on activity in, such as...

- Track suit trousers or similar (not jeans)
- T-shirt or shirt (ideally non-cotton, such as a football shirt)
- Thick socks (not trainer socks)
- Old trainers (they may get wet!)
- Warm jumper

## You'll need to bring with you...

- Lunch (unless your group have arranged for us to provide one)
  - **A complete change of clothes (including underwear)**
  - Woolly/Warm hat
  - Swimwear
  - Towel
  - Large plastic bag for wet clothes
  - Any medicine you take on a regular basis
- 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!