

Suggested Kit List

This is a suggested kit list for your visit to Oxenwood. Certain additional items may also be appropriate, depending on the chosen activities; length of stay and the time of year, e.g. sun creams, hat and shorts for summer. Gloves, hat and additional warm clothing for the winter.

Essential:

- ✓ Strong boots or shoes/trainers for walking and outdoor use. New shoes should be broken in first
- ✓ Indoor shoes/trainers or slippers
- ✓ Trousers, 2 pairs at least – we recommend trousers over shorts due to the risk of stinging nettles and biting insects. Preferably sports or outdoor type trousers, not jeans
- ✓ T-shirts
- ✓ Underwear and socks – enough for the duration of the visit plus a spare pair
- ✓ Nightwear (pyjamas/nightdress)
- ✓ Warm jumpers/tops
- ✓ Warm coat/jacket/anorak
- ✓ Waterproof jacket/anorak (the centre has a limited number that may be borrowed)
- ✓ Sleeping bag and pillowcase
- ✓ Towel
- ✓ Toiletries
- ✓ Packed lunch from home for the first day of your visit, all other meals will be provided
- ✓ **Plastic** reusable drinks container/bottle - we recommend a one-litre capacity bottle that can be refilled each day

Desirable:

- ✓ Wellington boots (the centre has a limited number for loan)
- ✓ Your own cycle helmet and/or gloves if you have them (**only if doing cycling activity**)
- ✓ Small rucksack (the centre can provide these)
- ✓ Torch with batteries
- ✓ Packed lunch box
- ✓ If doing canoeing/kayaking/rafting activities we recommend you bring an extra change of clothes including footwear (or wetsuit shoes if you have them) and an extra towel, in case of falling in. You may wish to bring swimwear but it is not essential

All clothing to be of a type that you are happy to get a bit dirty – please do not bring anything you are worried about getting dirty or damaged – we accept no responsibility for any damage.

Pupils should keep one change of clothes dry and clean to wear inside the Centre and at least one change of clothes to wear outside whilst doing activities. Note: Outdoor clothes can be dried overnight in the Centre's drying room, ready to wear the following day.

Any medication needs to be discussed with the member of staff in charge of the group before the visit to Oxenwood. Full instructions for the administration of the medicine should be supplied to the group leader, who will take overall responsibility for its administration and safekeeping.

All items should be carefully labelled with the owner's name. It is suggested that anything of value, e.g. iPods, jewellery, or expensive cameras or watches, not be brought to Oxenwood. Cameras are the owner's responsibility. **We kindly request that Students do not bring mobile phones to Oxenwood.**

A small "Trading Post" is available at the centre selling tuck and souvenirs, it is suggested that pocket money should be limited to a maximum of £5 per person.