

## Plas Gwynant 2018

### **Student Kit List**

All specialist outdoor equipment, including waterproofs and rucksacks, will be provided by the Centre.

The clothes that you bring to wear for activities will get dirty, wet and scruffy, so do not bring your best things!

Please remember a packed lunch on the Sunday

Towel(s) and toiletries      Swimming costume x 2  
Night clothes                  Indoor / evening clothes  
2 pairs of trousers such as track suit/jogging bottoms/leggings (not jeans)  
2/3 pairs of thick socks (walking/ski type)  
2 pairs of trainers if possible (1 you don't mind getting wet)  
Shirts/t shirts for walking (football shirts, with sleeves not vest types)  
Long sleeved sweaters / sweatshirts / gloves / woolly hat  
Shorts  
Sufficient underwear and socks for the course length

### **Additional items**

#### **Lunch box – essential**

Personal medical needs / insect repellent (midges are pretty nasty and hay fever sufferers will need to take antihistamines)

Sun glasses / cap / sun cream

Camera / I pod

Wellington boots if you have them – not fashion wellies!

Bin liner - to put wet clothes in on return

#### **NO MOBILE PHONES**

These are not allowed at the centre, please leave them at home,

No **chewing gum** allowed either, please don't bring any with you

Please do not bring any food, fizzy drinks or sweets. Food is not allowed in the rooms as it attracts wildlife. There is tuck shop that opens in the evening.

**Money** not essential, but a small amount of pocket money might be nice to take, we stop in Llangollen on the way so they might like to buy an ice cream. Treats are also available at the tuck shop in the evenings as well as souvenirs. £20-£25 should be plenty.