

## Carlton Outdoor Education Centre: Kit List

### Day Visits – Land Based Activities

A visit to Carlton will involve a lot of time spent outdoors, whatever the weather! Clothing is quite likely to get wet and/or dirty. We recommend that you bring adequate hard wearing, warm clothing (old or even borrowed) rather than few items of expensive, top of the range kit.

#### Clothing for Land Based Activities

##### Comfortable Underwear

**Socks** - you will need two pairs. Long hiking/football socks are ideal. Not trainer socks!

**Trousers** . Loose fitting tracksuit bottoms or 'combats' to allow movement. No denim jeans...

**Base Layer** - ie t-shirt

**Mid Layer** - ie long sleeved t-shirt or similar

**Top Layer** - Sweatshirt / Hooded top / Fleece

**Gloves**

**Warm Hat / Baseball Cap / Brimmed hat**  
(weather dependant!)

**Trainers** suitable for on-site activities or rock-climbing (indoor or outdoor)

#### Other Essentials for Activities

Any Medication

**Sun Cream** in appropriate weather  
(A brand that has been used before)

We recommend you bring a full change of clothes with you . you never know what the weather will bring!

#### What NOT to bring

**To help us manage the risks connected with nut allergies, please do not bring Food, Sweets or Chocolate from home.**

The Centre can provide wellingtons, waterproofs, rucsacs and other specialist kit, but visitors can bring their own equipment of this nature as long as it is of an adequate standard - check with the instructors! Wellies or Boots should have a good grip and ankle support, Waterproofs are of an adequate thickness and have a hood, and rucsacs should be approximately 25l capacity