

Carlton Outdoor Education Centre: Kit List

Day Visits – Water 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 Water Based Activities

Comfortable Underwear

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

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

Old trainers / footwear suitable for getting (very!) wet

Other Essentials

Any Medication

Towel

Sun Cream in appropriate weather
(A brand that's been used before)

A **full** change of clothes

Plastic Bag for wet clothing

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