

## Carlton Outdoor Education Centre: Kit List (weekend course)

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. It also helps if possessions are labeled with the owner's name!

### Clothing for Activities

#### Comfortable Underwear

Enough socks to wear two pairs per day - Long hiking/football socks are ideal. Not trainer socks!

Trousers (at least 2 pairs) - tracksuit bottoms or 'combats'. No denim jeans...

2- 3 Base Layers - ie t-shirt

2 - 3 Mid Layers - ie long sleeved t-shirt or similar

2 - 3 Top Layers - Sweatshirt / Hooded top

Gloves - (more than 1 pair if possible)

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

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

#### Other Essentials for Activities

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

Canoeing will require an extra pair of (very) old trainers and swimwear

### Clothing for travel to Carlton / Evenings

Outdoor coat

Ordinary socks

Clothes for evenings/none activity times

Footwear for travel and indoor use at the Centre -  
Please ensure that trainers are not black-soled and do not mark the floor!

#### Other Essentials for your visit

**Any Medication – Inhalers should be labeled with the user's name, and a spare should also be brought**

Wash-kit – Towel, toothbrush, toothpaste, soap, shampoo and other toiletries\*

Plastic bin bag for wet/dirty clothes

#### Useful items you might want to bring...

Camera      Watch

Books      Sunglasses      Cuddly toy!

### What NOT to bring

To minimize disturbance and potential for loss, we ask visitors **not** to bring radios, personal music players, handheld games consoles and especially, mobile phones.

\*Please ensure that deodorants are roll on, rather than sprays (we have very sensitive fire detectors!)

**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 – the instructors will check!

Wellies or Boots should have a good grip and ankle support, Waterproofs should be of an adequate standard and have a hood, and rucsacs should be approximately 25l capacity