

Kit list for Rhos y Gwaliau

Luggage limit – medium sized cases only, maximum dimensions 60cm x

43 cm x 26cm.

Please do not tie any extra bags to the cases

The centre will provide all students with the following items for the week:

- ✓ Walking Boots
- ✓ Waterproof Jacket and Trousers
- ✓ Fleece Jumper*
- ✓ Rucksack

**In the winter we also provide windproof jackets and balaclavas as needed.*

The centre kit it is hardwearing and durable and generally offers more protection. We advise using our kit and not ruining your own.

Personal items - you will need the following:

For indoor use

- Fitted bed sheet, pillow case, sleeping bag
- A set of casual clothes
- Slippers or indoor shoes
- Night clothes
- Toiletries in a bag
- Two towels
- Sufficient change of underwear/socks

For outdoor use

- At least 2 changes of warm clothing (old clothes are best) to include:
 - warm jumpers (fleece or wool are best)
 - Tracksuit bottoms or warm leggings (not jeans)
 - T-shirts or tops some with long sleeves
- Swim wear (all year)
- Wellies
- Warm hat + gloves or mittens (it could get cold and we will still be going outdoors)
- Sun cream SPF50 ideally/sun hat (warmer weather)
- Pair of shorts (warmer weather)

We would encourage families not to go to undue expense, old clothes, are sufficient.

Additional

- Lunch Box
- ~~Flask for hot drink - Please don't use flasks with glass inners as they will not survive the experience. Thermal mugs also leak and don't hold enough for a full day out. (this is not essential)~~
- Water bottle - very important in warmer months
- ~~Torch (this is not essential)~~
- 2 large plastic bags for dirty laundry

Important

- **Mobile phones are not permitted and signal is poor**
- **All items should be clearly named**
- **Please bring old clothes they get muddy and wet**
- **Do not bring valuable items such as electrical items, should be left at home;**
- **You can bring a disposable camera**