

INGLEBOROUGH HALL RESIDENTIAL

KIT LIST

OUTDOOR:

Socks	Thick walking socks (2 pairs); thin socks (at least 10 pairs/2 per day) Trainer socks should be avoided!
Underwear	Enough for 2 changes per day.
Trousers	Trousers suitable for outdoor wear, tracksuit bottoms/leggings ideal (4 pairs). NOT jeans, NOT new! Wear one pair to travel in.
Swimsuit	Great for underwear for wet activities!
Shorts	One pair in case of heat wave or to wear under waterproof trousers if raining!
Headwear	Woollen/fleece hat. Sun hat (!) that offers protection to ears & back of neck.
Gloves	Thin woollen/fleece.
Jumpers	Fleece (1), sweatshirt (2 max), selection of long and short sleeved t-shirts (old). Layers are best. Try to avoid hoodies.
Sun protection	High factor sunscreen for use on sunny days.
Midge repellent	Can be useful during the May-September period.
Coat	Although the centre will provide waterproofs it is recommended that your child brings a light jacket or fleece.

INDOOR:

Shoes	Indoor footwear e.g. slippers or alternative (sensible).
Clothing	Casual and comfortable. Only to be worn in an evening therefore a couple of changes of indoor clothes are sufficient. Jeans can be worn indoors.
Night-clothes	Whatever is normally worn at home (warm & suitable to be worn in public).
Toiletries	Towel (hand & bath), comb/brush, shower gel, shampoo & conditioner, toothbrush & paste, hair bobbles.

ODDS AND ENDS:

Bin liner (poly bag)	To put wet & muddy clothes in.
Name tags	Essential on all clothes, especially when using drying rooms. Name tags or permanent marker on labels. Staff take no responsibility for un-named lost clothing.

From past experience we strongly suggest your child is present/involved with packing so they are aware of what they are taking.

NOT RECOMMENDED: To avoid personal injury students should **not** wear rings or ear-rings when caving or climbing. Children should not come to Ingleborough wearing ear-rings unless they can take them out/put them in themselves. Other than cameras, no other valuables should be brought (e.g. handheld gaming devices, mobile phones, electronic equipment). **PLEASE DO NOT SEND ANY EXTRA FOOD, SWEETS OR SNACKS** (other than a packed lunch for day 1)

WHAT THE CENTRE PROVIDES: The centre will provide visiting students and staff with **boots, cagoule, over-trousers, rucksack and any specialist equipment** required for outdoor activities. However, if your child has their own boots they are welcome to bring them. Boots must be worn (**PLEASE REMIND YOUR CHILD OF THEIR SHOE SIZE**)

As the activity programme will commence on Monday, your child must come in the following clothing on Monday morning: trainers/walking shoes or boots, jogging bottoms, t-shirt, fleece/sweatshirt (all included in above numbers).