



# EQUIPMENT LIST

During your stay you will be actively involved outdoors. Clothing should be hardwearing and you should not need to buy anything especially for the trip. The Scottish weather means that you should be prepared for hot sun and for wet weather. You should bring enough clothes to have at least one spare set (i.e. extra for a complete change of clothes)

## GENERAL

2 pairs of training shoes (1 old pair that you don't mind getting wet)

Trousers / tracksuit bottoms

Warm jumpers / sweatshirts / fleece

Clothes that can be worn in layers to keep warm

T shirts / shirts

Underwear and extra socks

Warm hat and gloves

Swimwear

Nightwear

Towel & Toiletries

Lunch box & flask or water bottle (it is very important to bring some kind of juice container so you are not without a drink during the day)

Bin bag for dirty clothes to go home in

## EXTRA SUGGESTIONS

Torch - named

Camera & film / disposable camera – with name clearly written on

Wellies - named

Midge repellent

Midge head net

We will provide waterproof clothing, boots and all technical equipment required for the course.

We do have a sweet shop at the Centre which also sells bottles of water and cartons of juice and disposable cameras so you may wish to bring some money for that, however, we would recommend that parents make clear the maximum they want children to spend each day.

## THINGS NOT TO BRING

Please ensure that the following items are left at home.

Stereos, CD players & radios

Expensive cameras

Mobile phones

*We have found that these items can be disruptive to the children's holiday and can cause problems if they become mislaid or broken.*

## LOST PROPERTY

Each year we have a great deal of lost property at the Centre. Please name as many items as possible, including cameras and wallets / purses. If you do leave anything behind please contact the Centre as soon as possible (01967 411222 [ardgour@abernethy.org.uk](mailto:ardgour@abernethy.org.uk)) as we are only able to keep items for a limited time due to a lack of storage.