



A B E R N E T H Y
B A R C A P L E

BARCAPLE KIT LIST

Most of our activities take place outdoors. It is therefore essential that your group try to bring adequate & suitable clothing. The need for plenty of spare & warm clothing is often underestimated. Being warm & dry adds considerably to the enjoyment of activities.

WE WILL PROVIDE:

Bedding
All specialist equipment (harnesses, helmets etc.)

CLOTHING

Sweatshirts/hoodies
T-Shirts
Trousers/shorts (not denim if possible)
Tracksuit bottoms or ¾ shorts (mountain biking)
Underwear
Socks – plenty of good thick warm socks
Suitable nightwear
You will also need normal clothes for evenings

OUTDOOR CLOTHING

Windproof/waterproof jacket
Fleece
Swimwear

FOOTWEAR

Indoor shoes
Trainers & an old pair for water sports if you have them
Wellies

EQUIPMENT/OTHER ESSENTIALS

Towel & wash kit
Drink bottle
Gloves & hat/cap
Small rucksack (with double strap)
Sun cream
Torch

Please bring carrier bags/bin bag for wet/dirty clothing and dirty trainers

KIT AVAILABLE TO BORROW

We can supply the following items from our gear store but cannot guarantee having enough for everyone. Please bring your own if you have them but do not buy just for the Abernethy Barcaple trip.

Walking boots
Waterproof jacket
Over trousers (If in doubt please ask!)

TUCK SHOP

We sell drinks and snacks, and at the end of your stay you may wish to buy a souvenir to take home. We stock small souvenirs such as pens and mugs, and a range of clothing. Prices for Abernethy clothing start at around £8 for a child's t-shirt and £14 for a child's hoodie.

WHAT IS THERE AT BARCAPLE BESIDES ACTIVITIES?

We have a games room which has:
Table tennis table (£1 deposit)
Pool table (£1 deposit + 40p/game)
Table football (free)

MOBILE PHONES

We ask that you do not bring mobile phones or other expensive electronic devices with you. We have a payphone that guests may use at the discretion of leaders/teachers, but we ask that parents do not call in on that line.

IN CASE OF AN EMERGENCY

If parents need to contact the Centre in an emergency the contact details are:

**Abernethy Barcaple
By Ringford
Castle Douglas
DG7 2AP
Phone: 01557 820261
barcaple@abernethy.org.uk**