



KIT LIST

This Kit List is to help you pack and make the most of your Abernethy experience.

Please bring **plenty of old clothes** that you don't mind getting wet and maybe muddy (at least one set per day of your visit)

General Clothing

- Sweatshirts / hoodies
- Casual trousers / jeans
- T-shirts & shorts
- Socks & underwear
- Suitable nightwear
- Indoor shoes / trainers

Outdoor Clothing

- Fleece / warm sweatshirts
- Waterproof jacket*
- Old trousers / tracksuit bottoms
- Old trainers that may get wet
- Hat & gloves (winter)

Other essentials

- 2 towels
- Swim kit

- Wash kit, including shampoo, toothpaste etc
- Flask (unbreakable) or drinks bottle (named)
- Small rucksack*

Optional

- Change for games machines (20p & 50p)
- Sunglasses
- Wellies (named)
- Midge repellent
- Sun cream
- Sun hat
- Torch
- Inexpensive / disposable camera (named)
- Bin bag for taking muddy clothes home

Items marked * can be borrowed from the Centre. All specialist equipment for activities, including helmets and harnesses will be provided.

What not to bring:

Expensive cameras, stereos, cd players, mobile phones

Tuck Shop

Each Centre has a shop which sells sweets and some Abernethy merchandise, including t-shirts (from £8) and hoodies (from £14)

Lost Property

Please try to ensure all your clothes and possessions are clearly named. If you get home and discover you have left something behind then please call the Centre on the number shown below and we will try to find the missing articles.

Call the Centre of your choice to discuss this list or any other questions you may have about your visit to us:

- Abernethy Ardeonaig | 01567 820523
- Abernethy Ardgour | 01967 411222
- Abernethy Barcaple | 01557 820261
- Abernethy Nethybridge | 01479 821279