

## **GEAR LIST**

### **Outdoor activities**

General exercise clothing ie tee shirts, shorts and track pants are required for morning activities.

One of the days involves a separate outdoor activity which requires extra outdoor clothing. This should include a mix of:

- Non slip running/training shoes
- Warm socks
- Polyprop tops and bottoms
- Shorts
- Track pants
- Warm hat
- Sunhat
- Warm sweatshirt or fleece type top
- Teeshirt
- Waterproof jacket
- Suntan lotion
- Towel for outdoor activities. (Daily towels are provided)
- Gloves for rope climbing eg: cycle gloves

### **Other requirements**

- General day to day clothes. Smart casual for during the day and dining areas. College House have requested that we do not wear bare feet in the dining room.
- Formal Dinner clothing
- Toiletries.
- Pens/Highlighters for during the day
- Bring Tennis Racquets and balls if you are keen as there is a tennis court
- Any special dietary requirements, if you have not already advised us please let us know.
- All meals will be provided however you may want to bring snacks if you want additional food during the day.
- Camera/Chargers