

KIT LIST

All specialist kit is provided by Trewern, including waterproofs and wellingtons as necessary, however, participants will need to bring the following:

FOR ACTIVITIES

The clothing below is likely to be used for most activities throughout the year. Young people are briefed every day as to what they need to wear.

		
<p>A nice warm pair of socks that come up to at least mid-calf. For wearing with wellies or hiking boots.</p>	<p>Another pair of socks, at least to the ankle. Sport socks are ideal. We often wear 2 pairs of socks inside wellies or hiking boots.</p>	<p>Pants/other underwear. At least one more set than the number of days spent at Trewern. For watersports, you may want to include swimwear.</p>
		
<p>T-shirts. Long sleeved especially good in winter. Thermals/baselayers if you can. More maybe needed for layering. Long sleeves are required for BMX sessions.</p>	<p>Warm jumper or ideally fleece. For nearly all of the year we wear at least one every day. For gorge walking or very cold days, we often need two. Cotton is often not warm enough.</p>	<p>Jogging bottoms, not jeans. Leggings are sometimes suitable and can often be layered. Shorts are not suitable for all activities (e.g. climbing/BMX).</p>

FOOTWEAR

		
<p>Trainers to use outdoors. For some of our activities, plus freetime.</p>	<p>Slippers/other shoes to wear indoors.</p>	<p>Wellies/hiking boots. We do provide these, but you may wish to bring your own.</p>

SEASONAL ITEMS

In addition to the above the following maybe necessary, depending on the season/weather. Where necessary/appropriate, many of these items can be provided by the centre.

		
<p>Extra jumper/fleece. We encourage layering on colder days.</p>	<p>Hat/scarf/gloves.</p>	<p>Sun hat/sunglasses/suncream.</p>

SHOWER BAGS

Every day, the young people are asked to prepare a shower bag in readiness for their return to the centre. This saves them from having to go to their room for these items when they may be wet/cold/dirty at the end of the day. A suitable bag is provided.

All six items are needed and extras may be asked for by the Trewern teacher on the day.

		
<p>Towel</p>	<p>T-shirt</p>	<p>Jogging bottoms</p>
		
<p>Pants</p>	<p>Socks</p>	<p>Toiletries & Wash bag</p>

OTHER ITEMS

In addition to the above, each person needs a full set of bedding (sheet, duvet cover, pillow case). If bringing a sleeping bag, please still bring bed sheet and pillow case. A coat and travelling clothes may also be useful. We actively discourage the use of mobile phones and other devices.