Kit List

PLAS PENCELLI

Essential Outdoor Gear Provided
During you stay all specialist equipment will be supplied together with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleeces will be provided.

What You'll Need for a 5-day course
Outdoor activities happen in all weathers—expect to get wet! Pack a full set of suitable clothing for each day, typically 2–3 warm layers and joggers or track bottoms. Avoid cotton fabrics e.g. jeans as these hold moisture, opt for synthetic sports type clothing instead.

Activity Clothes

- ☐ Plenty of Underwear
- ☐ 5 Light Tops, long-sleeved if possible (e.g. T's, football tops)
- ☐ 5 Heavier Tops (e.g. Fleeces, sweatshirts)
- ☐ 5 Pairs Trousers (e.g. joggers, leggings)
- ☐ 5 Pairs Thick Socks (for boots/wellies)
- ☐ Warm Gloves
- ☐ Warm Hat
- ☐ Old Trainers
- ☐ Baseball Cap or Sun Hat
- ☐ Swimsuit
- ☐ Hairbands (for long hair)
- ☐ Glasses strap/retainer (if applicable)

Additional/Evening Clothes

- ☐ Extra Underwear
- ☐ 3-4 Extra Pairs of Socks
- ☐ Extra set of comfy casual clothes to wear in the Evenings
- ☐ Slippers/Sliders/Crocs
- ☐ Final Day Bag – A plastic bag with a complete set of clothes (including underwear) that will be worn on the coach home

Other Items

- ☐ 1 Single Duvet Cover (Duvets/sheets are provided)
- ☐ 1 Pillow Slip (Pillows are provided)
- ☐ 1 Towel
- ☐ Wash-kit
- ☐ Pyjamas
- ☐ Suncream (Factor 50)
- ☐ Sunglasses
- ☐ Lip Screen
- ☐ 2 Heavy-duty Bin Liners
- ☐ Torch with spare batteries
- ☐ Rubber Gloves (washing up or gardening type)
- ☐ Camera (optional)
- ☐ Pocket money for tuckshop

Finally, please DO NOT bring:

- ☒ Mobile Phones – we accept no liability for loss/damage
- ☒ Electrical Items e.g. music players, hairdryers or straighteners – they can pose a fire risk
- ☒ Aerosols – they trigger the fire detectors