# **SSE OUTDOORS - KIT LIST**

Please ensure that all items of personal clothing are clearly labelled.

Bring old clothes if possible – things will get muddy or left behind.

Students are **not allowed** to bring mobile phones or electronic devices.

## **Personal kit list**

**Necessary**

At least one change of clothes per day for activities and one extra for the evenings/travelling home

Waterproofs (coats & trousers if possible)

Strongwalking shoes or trainers – we will be climbing and caving so shoes/trainers that tie up are a must

Indoor footwear e.g. trainers/slippers

Named drinks bottle with leak proof top, not glass

Medication in a clearly labelled bag

Packed lunch for the first day

**Essential**

All bedding:

* Pillowcase
* Sleeping Bag or Duvet and sheet

Night attire

Towel

Toiletries (soap, toothbrush, comb etc)

Black bin bag to put wet clothes in at the end of the day.

**Recommended**

Small day bag

Hat (for sun or rain, gloves & scarf, depending on time of visit)

Sun cream

**Useful Extras**

Reading book

Notebook and pencils

Torch

Watch/clock