

PLAS GWYNANT STUDENT KIT LIST

- *All specialist outdoor equipment including waterproofs and rucksacks will be provided by the Centre.
 *The clothes that you bring to wear for activities will get dirty, wet and scruffy so do not bring your best things!
 *This list is a MINIMUM.

IF TRAVELLING TO THE CENTRE IN THE MORNING PLEASE REMEMBER TO BRING A PACKED LUNCH and DRINK

Essential – for either summer or winter

Towel, hand towel and toiletries Pyjamas Clothes to wear when not on activities 1 pair of indoor shoes/slippers to wear around the centre Warm hat and gloves – yes, even in summer! Lunch box and reusable drinks bottle Pencil case – pens, pencils etc Torch	3 warm woolly jumpers, hoodies or fleeces 2 pairs of warm loose fitting trousers (NOT jeans) joggers and thick leggings are ideal. 3 T shirts/thermals 1 long sleeved T shirts or football shirts 3 pairs of thick, preferably long, walking socks – absolutely essential – thin socks <u>will</u> not do 1 pair of robust outdoor trainers suitable for walking on rough ground and getting wet. Swimming costume Plastic dustbin liner for taking wet kit home in!
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Additional items according to season:

Summer	Winter or longer courses
Sun hat, sun cream (minimum SPF 30), sun glasses 2 pairs of shorts, extra T shirts Midge repellent - Plas Gwynant midges have voracious appetites!	Bring more jumpers/fleeces, socks, long sleeved Ts and trousers Cotton layers next to the skin are not a good idea as they do not keep the body warm when they become damp. Thermal base layers are good.
Optional	Items available at the school shop
Wellington boots if you have them – not fashion wellies! Stamps Camera - disposables are good Reading book Ipod/MP3 player – there is a facility to play music from these in the games room	Fleece hats Socks Gloves Pens, pencils, rubbers, small notepads Torches, Postcards, posters Stamps
Mobile Phones: Please note: - there is no mobile phone signal at Plas Gwynant.	Chewing Gum: No chewing gum allowed – do not bring gum with you