

# Equipment List for Visits to Entrust Outdoor Education Centres

The checklist below has been compiled to help you prepare and pack for your visit. It is not necessary to go out and buy lots of new and expensive items for the visit as you are likely to get wet and mucky at times. Old but comfortable clothes are great! Please avoid jeans for activity wear as once they are wet, they become very uncomfortable and you will get cold easily.

**Entrust Outdoors will provide all specialist and safety equipment required for the activities, including waterproofs and rucksacks for walking activities.**

Please label all your clothes, packing your bag with the help of an adult if required. Tick off the checklist and bring it along to the centre with you, which may help when re-packing before your return home. You may have to help put your bag on the coach and carry it to your accommodation so make sure you can manage it all.

Accommodation		
Dormitory	Camping	
Single duvet cover and a pillowcase <i>(Entrust will provide duvets, pillows, and bottom sheets)</i>	Sleeping bag, pillow with pillowcase <i>(Entrust will supply sleeping mats)</i>	
Item	Number	Packed at Home
<i>(Example) T Shirts</i>	4	✓
Underwear		
Socks, including warm, full length long socks for walking		
T-shirts		
Trousers/tracksuit bottoms and shorts		
Warm jumpers		
Outdoor trainers		
Walking boots (if you have them)		
Indoor trainers		
Wellingtons		
Waterproof and warm outdoor coat		
Nightwear		
Hat, gloves, scarf		
Sun hat, sunglasses, sun cream		
Wash kit		
Towel (more than one if attending a water sports course)		
Water bottle – 1 litre, leak proof is good		
Torch and spare batteries		
Additional Items		
Pocket money for souvenirs		
Plastic bags for wet and dirty clothes		
Lip Salve		
Medication if required. Labelled and given to Visit Leader		
Pens and pencils, and a book to read		
Water sports activities – full set of clothes to get wet in, including spare footwear – trainers or water shoes that will not fall off		

## IMPORTANT INFORMATION

Please do not bring mobile phones or other valuables such as iPods, games devices etc.; school staff will arrange contact with home if necessary. Entrust Outdoors cannot be held responsible for loss or damage of personal items. Cameras can be brought but they must be used sensibly to avoid safeguarding issues in dorms etc. Sweets, drinks, and snacks should only be brought after consultation with your trip leaders. They will not be allowed in the dormitories and there may be other visitors on site who may have allergies which may react to your snacks. No products containing nuts in any event please.