



## Kit List

Being correctly equipped for activities is essential not only for safety but also for your enjoyment. You need to have a few changes of warm clothing, enough to change everyday. Bring clothes that you do not mind getting wet and muddy.

### Clothes for OUTDOOR Activities

Old trainers for wet session  
Another pair of trainers for land sessions  
3 pairs of long trousers – tracksuit, fleece and poly-cotton are great  
Jeans are not suitable  
3 warm long sleeved tops – fleece is best, or wool, acrylic or poly-cotton  
Plenty of T-shirts  
A pair of warm thick socks (not nylon)  
Hat and gloves (fleece or wool)  
Socks and Underwear

### ***Bring the following if you have them, if not we will provide them subject to availability:***

Walking boots (with ankle support and good tread)  
Waterproof (i.e. with taped seams) jacket with integral hood  
Waterproof trousers

### Clothes for general and indoor wear

Set of casual clothes and footwear  
Nightwear  
Extra underwear

### Extras for summer

Sun cream  
Insect Repellent (Please none containing DEET)  
Shorts, sun cap/hat and shades

### ESSENTIAL personal kit

Torch – with spare batteries  
Wash kit and towels  
Drinking water bottle  
Sleeping bag (Tents only)  
Towel  
Rucksack

### Optional Personal kit

Thermal underwear  
Swimwear  
Umbrella  
Camera  
Small change for shop and pay phone  
Wellies

**YMCA National Centre, Lakeside is all about having adventures in the outdoors. We ask you to leave items such as computers, mobile phones, personal music device, expensive watches, jewellery or any precious items which may not be covered by your insurance.**

*Part of the Fylde Coast YMCA*

**The YMCA is a Christian charity committed to helping young people at times of need, regardless of gender, race, ability or faith**