

Adults – Packing List

We provide (free of charge) any specialist equipment required for chosen activities. This loan includes waterproof clothing, walking boots, wellington boots, rucksacks, lunch boxes and water bottles. If you already have any of this equipment you can bring it to use at the Centre. We will check clothing and equipment's suitability for activities and the weather.

You do need to come equipped with enough warm and comfortable personal clothing suited to the activities. The Lake District weather may be cold, wet and windy even in summer and during the activities you may end up wet or muddy. We have a good drying room but spares of OLD clothes, socks and shoes are needed.

The instructors carry mobile phones and are in contact with the Centre during activities. At High Borrans mobile phone reception is variable.

FOR USE ON ACTIVITY SESSIONS:

- Several pairs of comfortable trousers e.g. track suit bottoms (shorts in summer) but not denim jeans.
- A warm top/jacket such as a thick fleece or outdoor coat
- A variety of tops such as T shirts, sweat shirts, fleeces and jumpers
- Several pairs of thick socks to wear with walking boots or wellingtons
- Hats, scarves and gloves are essential in winter
- Sun hats and sun glasses can prevent headaches in summer and sun cream is essential
- Swimming costume
- Old plimsolls/trainers/water shoes for lake-based activities
- Old trainers (2 pairs useful) which may be used instead of boots
- Thermos flask if a hot drink is required

OTHER KIT SHOULD INCLUDE:

- Personal choice of clothes for leisure time around the centre, underwear and nightwear
- Toiletries including soap, towel, toothbrush and toothpaste. No aerosols or wet wipes please.
- Medication
INHALERS: Asthma UK advises that all visitors should bring 2 inhalers with them, one for use and a new, boxed and sealed second one in reserve. They feel this is 'the norm' for asthmatics to ensure the person always has a full and in date inhaler. **EPI-PENS:** you should consult your GP about having sufficient epi-pens for going into remote settings where paramedic help may be 1-2 hours away (i.e. having additional pens).
- Soft shoes – we require that slippers or light indoor shoes such as trainers are worn around the house

OPTIONAL EXTRAS:

- Books, indoor games, personal music systems and camera
- Laptops