



RECOMMENDED CLOTHING & EQUIPMENT:

RESIDENTIAL GROUPS undertaking our **PROGRAMME**, require the following:

- ✓ Indoor Shoes
- ✓ Warm Clothes
- ✓ Gloves
- ✓ Hat
- ✓ Warm Socks (for boots or wellies)
- ✓ Spare Change of Clothes: old clothing is best!
- ✓ Spare Footwear
- ✓ Towel
- ✓ Outdoor Footwear (wellies, boots etc)
- ✓ Waterproof Jacket
- ✓ Waterproof Trousers
- ✓ Warm nightwear, including slippers and a dressing gown (onesies are perfect!)
- ✓ Toiletries
- ✓ 2 or 3 changes of clothes (depends on length of stay but spares are best!)
- ✓ Torches (especially those staying in the cabins)
- ✓ Books, Games, Sports Equipment, Activities for down time.
- ✓ Own Snacks (no energy drinks)

- ✓ **Please note we can provide wellies, boots, waterproofs, hats and gloves**

We have a **drying room** and can **launder clothing in an emergency** (i.e. if a young participant has a limited amount of clothing). We are unable, however, to offer laundry facilities as a matter of course.

Wiston Lodge will supply **ALL technical equipment** required for water-based, climbing and hill walking activities.