



### Kit List

During the activities, Portland Outdoor Centre provides all the required safety equipment.

All clothing should be labelled with the owner's name and participants are responsible for their personal belongings.

We strongly suggest that people do not bring jewellery or new/expensive clothes. Due to the nature of the activities, they can get wet, muddy or worn.

During water sports activities participants will have to wear secure, closed toe footwear that will get wet and muddy. When coasteering, laced up shoes are best. i.e old trainers. Slip on beach shoes are not appropriate.

### Things to think about when packing your bag

How many days are you at the Centre?

Are you doing any water sports?

What do you want to wear during the evening or when not on activity sessions?

What will you wear to sleep in or if you need to get up and walk to the toilet in the night?

What are you going to keep wet and dirty clothes in after activity sessions?

What's the weather likely to be like?

### What to pack

Waterproof Jacket and Trousers.

Walking boots/outdoor shoes

Indoor /evening shoes

Closed toe shoes for water activities (old trainers are best or other lace up shoes. Slip on beach shoes are not appropriate)

Water bottle (this will be used every day so 750ml or over please!)

Rucksack (we can loan ours which are suitable 50 in stock 20+ litre capacity)

Torch

Sun cream and sun hat

Hat and Gloves

Swimming costume/shorts

Towel and toiletries (large towel suitable for changing under)

Pyjamas

Underwear and lots of socks

Casual clothes to wear in the evening

Clothes to wear on activities – t-shirts, warm jumpers, long trousers (not denim) and shorts

### Personal medication

Please ensure that your teachers/leaders are aware of any personal medication you may need prior to coming to Portland Outdoor Centre. Each school/group will have its own system for managing medication during the trip.

### Accommodation

All our bedrooms come complete with pillows, duvets and linen so there is no need to bring any bedding. You will be required to bring your own towel.