

## **PLAS PENCELLI KIT LIST**

During your stay all technical equipment will be supplied along with a waterproof jacket and trousers, rucksack and wellies. Where needed, **walking boots and wellies will be provided** (so you do not need to provide your own). As a great deal of your course will be based outdoors, there is a good chance of getting wet almost every day! You therefore need a complete set of outdoor clothing for everyday of your course. You'll also need everyday clothes to wear around the centre.

**Check your labels!** The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore, jeans or cotton t-shirts and even cotton socks should all be avoided for use on activities, particularly in the winter months. Fleece or woollen clothes and synthetic sports tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

Clothes get put into a drying room at the end of each activity, and therefore **all items** of clothing **must be labelled**, including underwear. On our most recent trip, we brought back 3 bin bags full of unclaimed clothes.

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear. They should be warm, comfortable and durable and packed in a small, wheeled suitcase or holdall bag.

### **Kit list:**

Waterproof jacket for evening activities

Plenty of underwear

7 light tops (T, football or other casual)

5 heavier tops (jumpers, fleeces, sweatshirts)

7 pairs track suit bottoms, trousers, leggings etc

5 thick pairs of socks (for boots and wellies)

1 towel

Set of pyjamas

Sunglasses

Sun Cream (at least factor 30)

Lip screen and lip salve

Plastic water bottle (refillable)

Wash kit (flannel, soap, toothbrush, toothpaste, shampoo/shower gel, hairbrush/comb)

1 pair gloves

1 woolly hat

2 pairs of old trainers

1 baseball hat

2 heavy duty bin liners (for dirty clothes)

Torch with spare batteries

A good bedtime book/comic

Pocket money (we suggest £5.00 in £1.00 coins)

### **PLEASE DO NOT BRING!**

- **MOBILE PHONES** create difficulties at the Centre. They are easily lost and broken, are a distraction from the social aims of the course and at worst can tend to exacerbate situations when used irresponsibly. Students are therefore asked not to bring them along. If they are then most visiting staff will ask for them to be handed over for safe keeping for the duration of the course.
- **AEROSOLS** can aggravate those with conditions such as asthma. They also trigger fire detectors when used in bedrooms. We ask that you use alternatives during your week.
- **ELECTRICAL EQUIPMENT** such as personal music players, electrical games etc. are out of synch with creating the right kind of an atmosphere for your course.
- **GET THE MOST OUT OF YOUR COURSE!** The emphasis at Plas Pencelli is on developing communication and social skills using a variety of challenging situations and adventure activities. It means that there is very little free time available. Your stay is a real chance to discover the real you and learn new ways of working with other people.

**NO SWEETS OR SNACKS PLEASE**

Any medicines/inhalers should be **clearly labelled** and handed to staff **on the morning of the residential with instructions.**

If your child suffers from travel sickness, please administer **one dose before school** and **send another in a named, sealed envelope/container** for the return journey home **with instructions** for when the tablet should be taken in relation to the time of the journey.

Finally, most importantly, please make sure **all luggage and all belongings, are clearly labelled with your child's name!** We also find it is most beneficial to the children if they pack their case with you- it makes it much easier for them to find things!