



Ar gyfer meddwl, corff ac enaid ein cymuned  
For the mind, body and soul of our community

## Gilwern Outdoor Centres – Residential Kit List

- ✓ For your own comfort & safety we ask all visitors on a residential course to bring the following clothing **as a Minimum**.
- ✓ *Participants will be doing wet activities & will be out in all weathers so you should assume two sets of clothing will get completely wet during a stay with us.*
  
- Indoor shoes/slippers
- Outdoor trainers
- THICK socks, no trainer socks for activities please
- Trousers/jogging bottoms (No jeans on activities)
- Several T-Shirts
- Several LONG sleeved tops e.g. Rugby shirts, sweat shirt, hoodies
- A Thick Warm Fleece Top
- Warm Hat/Sun Hat
- Gloves
- Underwear
- Towel & wash kit
- Water bottle (1 litre if possible) otherwise we will provide
- Sleepwear
- Black Bin bag for wet clothes
- Medication e.g. Asthma pump
- Pillow Case, Duvet cover and mattress sheet **or** sleeping bag, mattress sheet and pillow case. Linen borrowed from the centre will be at an additional cost.

All items should be packed in a case/holdall that you can carry/move

All items of a specialist nature will be provided e.g. Wellies but you may bring your own e.g. walking boots, waterproof jackets. Centre staff will check these for suitability before they are used