

## PLAS GWYNANT STUDENT KIT LIST

\*All specialist outdoor equipment including waterproofs and rucksacks will be provided by the Centre.

\*The clothes that you bring to wear for activities will get dirty, wet and scruffy so do not bring your best things!

\*This list is a MINIMUM.

**IF TRAVELLING TO THE CENTRE IN THE MORNING PLEASE REMEMBER TO BRING A PACKED LUNCH and DRINK**

### Essential – for either summer or winter

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| <p>Towel, hand towel and toiletries</p> <p>Pyjamas</p> <p>Clothes to wear when not on activities</p> <p>1 pair of indoor shoes/slippers to wear around the centre</p> <p>Warm hat and gloves – yes, even in summer!</p> <p><b>Lunch box and reusable drinks bottle</b></p> <p><b>Pencil case – pens, pencils etc</b></p> <p><b>Torch</b></p> | <p>3 warm woolly jumpers, hoodies or fleeces</p> <p>2 pairs of warm loose fitting trousers (NOT jeans) joggers and thick leggings are ideal.</p> <p>3 T shirts/thermals</p> <p>1 long sleeved T shirts or football shirts</p> <p><b>3 pairs of thick, preferably long, walking socks – absolutely essential – thin socks <u>will</u> not do</b></p> <p>1 pair of <b>robust outdoor trainers</b> suitable for walking on rough ground and getting wet.</p> <p>Swimming costume</p> <p>Plastic dustbin liner for taking wet kit home in!</p> |
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### Additional items according to season:

| Summer   | Winter or longer courses  |
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| <p>Sun hat, sun cream (minimum SPF 30), sun glasses</p> <p>2 pairs of shorts, extra T shirts</p> <p><b>Midge repellent</b> - Plas Gwynant midges have voracious appetites!</p>   | <p>Bring more jumpers/fleeces, socks, long sleeved Ts and trousers</p> <p>Cotton layers next to the skin are not a good idea as they do not keep the body warm when they become damp. Thermal base layers are good.</p> |
| Optional   | Items available at the school shop  |
| <p>Wellington boots if you have them – not fashion wellies!</p> <p>Stamps</p> <p>Camera - disposables are good</p> <p>Reading book</p> <p>Ipod/MP3 player – there is a facility to play music from these in the games room</p> | <p>Fleece hats</p> <p>Socks</p> <p>Gloves</p> <p>Pens, pencils, rubbers, small notepads</p> <p>Torches,</p> <p>Postcards, posters</p> <p>Stamps</p>   |
| <p><b>Mobile Phones:</b> Please note: - there is no mobile phone signal at Plas Gwynant.</p>   | <p><b>Chewing Gum:</b> No chewing gum allowed – <b>do not</b> bring gum with you</p>  |