



## Basic Kit List ML Courses

It is important that every member of your group is aware of what personal kit to bring for a residential at the CMC. For the group's safety and comfort, please ensure that copies of this list are available well in advance of the residential. If you are coming between October and April, extra warm clothing is recommended.

### ESSENTIAL ITEMS NEEDED FOR CENTRE LIVING

#### GENERAL

- Towel
- Wash kit
- Clothes for use inside the centre
- Night Wear
- House shoes or slippers
- Medication
- Drinks container
- Lunch box
- Plastic bags

### ESSENTIAL KIT FOR MOUNTAIN DAYS

#### DRY KIT

- Long sleeved fleeces/sweaters
- Thermal top and trousers
- T-shirt and shorts
- Walking trousers or tracksuit trousers (NOT jeans)
- Walking boots \*
- Good quality walking socks
- Fleece hat and gloves
- Sun cream, sun hat
- Good quality head torch, spare bulb and batteries
- Waterproof jacket \*
- Good quality sleeping bag suitable for the time of year\*
- Ordnance Survey Outdoor Leisure Maps 17 and 18
- Midge Repellent
- Compass
- Gaiters (optional)
- Waterproof trousers \*
- Survival bag
- Rucksack \*
- Stove \*
- Tent\*
- Sleeping mat\*
- First Aid Kit

All items marked with \* can be borrowed from the centre free of charge but it is preferable, and probably more comfortable, if you are able to provide your own. All other items need to be brought by each individual. Please note that especially with fleeces and socks, having too many is much better than not having enough.

If you have any questions please do not hesitate to contact the centre.