



Basic Kit List

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
- Pajamas
- House shoes or slippers
- Medication
- Drinks bottle
- Lunch box & sandwich bags
- Plastic bags
- Small box of plasters

ESSENTIAL KIT FOR ACTIVITIES

DRY KIT

- Long sleeved fleeces/sweaters
- T-shirts
- Trousers or tracksuit bottoms
(**NOT jeans**)
- Trainers/walking boots
- Good quality walking socks
- Fleece hat and gloves
- Sun cream, sun hat
- Torch
- Waterproof jacket
- Waterproof trousers
- Small rucksack
- Wellington boots (optional)
- Midge repellent

WET KIT

- Swimming costume/trunks
- Trousers or tracksuit bottoms
(**NOT jeans**)
- Long sleeved fleeces/sweaters
- Old trainers

DESIRABLE KIT

- Wetsuit socks and gloves

Waterproofs, boots and rucksacks can be borrowed from the centre free of charge, and we have a supply of old trainers that can be used for water activities. 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.