

## Personal Kit List for a Week's Visit

During your stay all technical equipment will be supplied along with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleece may be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost everyday! 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.

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.

### Personal Clothing

Plenty of underwear	1 pair of gloves
5 light tops (T, football or other casual)	1 woolly hat
5 heavier tops (jumpers, fleeces, sweatshirts etc)	1 pair of old trainers
5 pairs track suit bottoms, trousers, leggings etc.	1 set of swimwear
5 thick pairs of socks (for boots and wellies)	1 baseball hat*

### Miscellaneous items

1 Towel	2 Heavy-duty bin liners
Wash-kit	Torch with spare batteries
Set of pyjamas	Pen for Records of Achievement
Sunglasses*	Rubber gloves for Canoeing or Caving
Sun cream (at least factor 30)*	Camera (optional)
Lipscreen*	Pocket money for souvenirs etc

**Sunburn: Exposure to the sun's rays is inevitable in the outdoors at any time of the year. You should protect yourself from the sun to help prevent damage to your health - see items marked with \*.**

### 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.