

Student Personal Kit List for a Week's Visit

During your stay all activity equipment will be supplied along with waterproof jacket and trousers, rucksack, and wellies. Where needed, walking boots and fleece may be provided. As much of your course will be based outdoors, there is a good chance of getting wet almost every day. You therefore need a complete set of outdoor clothing for every day of your course, this is weather dependent, usually 2 or 3 layers on top and joggers/ tracksuits bottoms. 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 be avoided** for use on activities, particularly in the winter months. Fleece or woolen 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

Clothes for Activities

Plenty of underwear

5 light tops, long sleeved if possible (T, football, casual)

5 heavier tops (jumpers, fleeces, sweatshirts etc.)

5 pairs track suit bottoms, trousers, leggings etc.

5 pairs of thick socks (for boots and wellies)

1 pair of gloves

1 woolly hat

1 pair of old trainers

1 set of swimwear

1 baseball hat or sun hat*

Clothes for around the Center

Extra underwear

3 -4 extra pairs of socks

Extra comfortable clothes to wear in the evenings.

Final day bag;

A sealed plastic bag with a complete set of clothes that will be worn on the coach home (pants, socks, light top, heavy top & trousers)

Miscellaneous items

1 Towel

Wash-kit

Set of pyjamas

Sunglasses*

Sun cream (factor 50) *

Lip screen *

2 Heavy-duty bin liners

Torch with spare batteries

Pen for Records of Achievement

Rubber gloves for Canoeing or Caving

Camera (optional)

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 Plas Pencelli. They are easily lost and broken, are a distraction from the social aims of the course and at worst can make situations worse when used without care. 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 and electrical games, detract from getting fully involved in your week at Plas Pencelli. Best to leave them at home. Also, **HAIR DRYERS/STRAIGHTENERS** etc. won't be PAT tested and therefore not able to be used in the accommodation.
- **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.