

Lakeland Outdoor Centres - clothing and kit list

A week at Hinning House / Low Bank Ground will involve up to 8 different activities. While there is a drying room available, it is best to assume that each day could end up with a wet activity. There should be no need to buy new clothes especially for the trip – old clothes are perfect. Any specialist equipment, including waterproofs, wind proofs, walking boots and rucksacks, can be provided by the Centre.

- * **Footwear: Wellies (essential), trainers, old trainers, slippers**
 - * **Toilet bag and appropriate contents.** Please do not bring aerosols (the smoke detectors are very sensitive and think that aerosols are smoke particles).
 - * **Underwear.** It is best to have at least one set per day.
 - * **Enough sets of clothing that will last the duration of the course,** which may well get wet and dirty. In the winter months it can be very cold so extra jumpers/fleeces are useful. Suitable clothing includes tracksuit bottoms, sweatshirts, tee shirts, thick socks (football socks are good) and fleeces. Please avoid jeans as they do not dry easily.
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|--------------------------------|--|---------------------------|
| * Night clothes | * Clothes to travel in | * Swimming costume |
| * Hat and gloves | * Sun hat / sun cream (summer) | * Towel |
| * Water bottle | * Book/magazine | * Torch |
| * Teddy bear | * Money for tuck shop / souvenirs - £10 is more than enough | |
| * Stamps for post cards | * Any necessary medication | |
- * **Plastic bag to put wet clothes / wellies in for return journey.** **KEEP THIS PART**

MEDICAL / PRE-COURSE INFORMATION FORM to be completed by ALL visitors

Name of school/group _____ **RETURN TO COURSE LEADER**

Name: _____ D.o.B. (under 18) _____ Male
 Female

Address: _____

Emergency contact name _____

Emergency contact phone **home** _____ **work** _____ **mobile** _____

Name, address and telephone number of family doctor _____

Any relevant medical condition? (e.g. epilepsy, asthma, heart condition, physical disability, visual/ hearing impairment, any drugs being taken)

Are you happy for staff to administer appropriate pain/flu/cough relief eg. Paracetamol, Benlyn, Calpol etc. Yes No

If yes, are there specific medicines that should **NOT** be given? _____

Any dietary requirements other than standard - Vegetarian _____ Other _____

Date of last tetanus injection (if known) _____

Any other relevant information _____

If you do **not** want your child to appear on photos taken by Centre Staff during the visit, please tick this box

Signed _____ (Parent / Guardian for under 18)