

Residential Kit List

Please see below a suggested kit list for the residential element of the 48-hour challenge in September/ October.

It is worth thinking in terms of clothes to wear at and around the centre; the sort of things you would wear at home. Then to add the clothes and equipment you'll need to take part in outdoor activities. Please be aware that the weather on Dartmoor even in the summer can be colder and wetter than at home.

There is a high likelihood of getting wet and muddy during your stay!

CLOTHING

Night wear
Slippers or indoor shoes
Underwear
Socks (some thick pairs for wearing with walking boots or wellies)
Trainers
Tee shirts (long sleeve ones provide more protection)
Trousers (such as nylon tracksuit bottoms or walking type trousers, Jeans are NOT good for activities but can be included for wearing at the centre)
Warm tops such as sweatshirts or fleeces

KIT

Sleeping bag
A small pillow
Personal wash kit
Towel
Personal medicines- to be handed in to your tutor.
Torch
A watch
Warm hat and gloves
Sun cream
Carrier bags / bin liner for dirty clothes
Lunch box
Tough drinks bottle at least 1 litre
Day rucksack big enough for lunchbox, bottle, waterproofs.
A pen/ pencil

OUTDOOR ACTIVITY CLOTHING AND KIT (see video for details)

Waterproof Coat
Waterproof trousers
Walking boots or Wellies

If you need to borrow any items on the kit list please complete the online permission form.