

Kit list

Please be careful to pack everything we have listed below. The weather can change quickly in the Lake District: it's important that you bring enough warm clothing and a warm hat and gloves even if it's hot and sunny on the day you pack.

Equipment

We provide all the safety equipment required for the holiday. For water sports we also provide wetsuits, spray tops and sailing over-trousers. If you happen to have your own wetsuit that fits well then it's a good idea to bring it along and use that.

You should bring:

General items

- Sleeping bag
- Pillowcase
- Single bed sheet
- Towel
- Wash kit
- Soft shoes or trainers for indoor wear (and 'normal' use outside)
- Normal clothes for the week. These may get muddy so bring spares! Shorts are a good idea in case it's sunny.
- Night clothes
- Any medication you need
- Sunglasses
- Sun cream (high protection factor)
- Bible, note pad & pen
- Medical update form MF3. This confirms that we have up-to-date medical details for you. Don't forget it!

For water sports

- Footwear with closed toes that will get wet. Trainers or wet shoes or wet boots are fine for this. Sliders and flip-flops are not OK as they leave the toes exposed and are not securely held in place.
- Swimwear
- Long sleeved warm jumper or fleece
- Sun hat
- Warm woolly/fleece hat

For hill walking

- Walking boots
- Thick walking socks
- Waterproof cagoule
- Waterproof over-trousers
- Long trousers (but not jeans)
- Long sleeved warm jumper or fleece
- A top that covers shoulders for walking in hot and sunny conditions
- Warm woolly/fleece hat

- Warm gloves
- Day rucksack
- Water bottle (one litre)

(We do keep a stock of spare cagoules, over trousers and walking boots which can be borrowed if necessary: however usually you will be more comfortable using your own.)

For overnight expeditions

(Note not everyone goes on expedition. It depends on the programme for the particular week and is weather-dependent.)

- Plate, bowl, mug, spoon & fork
- Torch
- Large poly bag for sleeping bag
- Flask