

name _____

tutor group _____

Suggested Clothing and Personal Items for Venture

Please bear in mind that the course each day is predominantly outdoors and MIGHT coincide with cold, wet and windy weather, so being well prepared is the best strategy.

The main idea is that what you pack should be OLD, WARM and PLENTY.

There is plenty of space on the coach for luggage. The most common problem encountered on Venture is students having inadequate changes of warm clothing. Being warm can be the difference between enjoying the course or not! The Centre has efficient drying facilities. Providing items are hung up promptly in the drying room in a sensible manner they should be dry the next morning to use again.

All ~~technical~~ outdoor clothing and equipment is provided by the Centre. This includes waterproofs and walking boots, though students who possess their own could bring theirs as spares.

It is strongly advised that all expensive or fragile personal items are left at home. This includes personal music systems. Mobile phones must not be brought. No money is necessary, but if cash is brought for the tuck shop it should be limited to a few pounds, and is strictly the student's own responsibility.

To help with checking students have got everything before the journey home it may be useful to take this list on Venture, and add anything else taken.

- 3 warm 'tops' (fleeces or woollen jumpers)
- 3 pairs of loose fitting warm trousers (track suit or jogging bottoms).

- casual clothes for travelling and evening use
- underwear
- T-shirts
- plenty of socks (including 3 thick pairs, wool if possible)
- training shoes - the older the better, two pairs even better still
- wellies (definitely useful but not essential)
- slippers, or other indoor-only footwear.
- gloves and hat**
- waterproof and *warm jacket**, and overtrousers (if you have them).
- thermal underwear (or extra pyjamas to wear under trousers).
- pyjamas
- swimming costume
- soap, toothbrush, towel
- personal medications, paracetamol etc
- pen, pencil, rubber, coloured pencils
- plastic bags for taking home any wet clothes and footwear
- torch
- *plastic lunch box (with packed lunch for the first day)*
- *plastic bottle to refill with juice (no cans please)*
- *vacuum flask for hot drink (optional)*
- *camera (optional)*
- other items decided during PSE time at school
- Pencil case*
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* please pack these items separately so they can be carried onto the coach.

These items could be needed on the journey.