

MARRICK PRIORY OUTDOOR CENTRE
CLOTHING AND EQUIPMENT LIST

The quantity of clothing you bring will always depend on your visit duration and chosen activities. Generally participants will be encouraged to wear clothing in layers, according to the time of year and prevailing weather conditions (3 or 4 layers on the upper body are normal for most activities). Synthetic, rather than cotton, material is commonly regarded as being more effective as a base layer (next to the skin).

Denim jeans are not suitable for outdoor activities, but are ideal to be kept for evening indoor recreational use.

A suggested check list, based on a full weeks programme, is as follows:

Item	Quantity	Remarks
Towel	1 minimum	Extra if wet activities have been chosen
Toiletries	As required	
Indoor clothing	1 Set	For evening use around the centre – as appropriate to length of stay
Night wear	1 Set	
Underwear	As required	
Thick socks	3	For day walks/hikes – trainer socks are not suitable
Trousers	2	Day to day activity use, tracksuit/walking trouser style – <i>Not denim jeans</i>
Long sleeved top	2	As a base layer – preferably synthetic material
T-shirts/tops	4	As another layer
Sweaters	4 minimum	As a middle layer – fleeces/hoodies/woollen jumpers
Fleece/warm jacket	1	As an outer layer
Waterproofs	1 set	Jacket and over trousers
Swimming costume	1	
Footwear (Indoor)	1	Trainers - for indoor use i.e. indoor climbing
Footwear (Outdoor)	Minimum of 2 pairs of outdoor shoes. <i>See remarks ></i>	Robust boot/shoe - suitable for day walk or similar
		Trainers - a pair to get wet (If chosen)
		Wellingtons - ideal addition for on site activities
Hat and gloves	1 pair	According to time of year
Small rucksack	1	For day walks – large enough to hold waterproofs, lunch, drinks bottle and spare clothing
Money	As appropriate	For tuck/souvenir shop
Torch	1	
Writing implements	Set	
Drinks bottle	1	For day walk – recommended size 1 litre
Sun cream		Consider these items. Appropriate and suitable protection will make your son/daughters stay more comfortable. Please refer to the group leader and or medical consent form
Insect repellent		
Hairclips/scrunches		To tie long hair back during activities

Note

We do have a small stock of waterproofs and old trainers (for wet activities). Please don't feel that items need to be purchased specially for the trip. A good supply of robust, versatile and fairly easy to dry items will do.