



Clothing Check List - Marle Hall

Basics

- 3 x Fleece or Wool jumpers
- T-shirts [- lots!]
- 3 x Trousers [Thick tracksuit, combats, no Jeans]
- 3 x Thick wool socks [Not thin football socks]
- Wool/Fleece Hat & Gloves
- Nightwear
- Underwear & Socks
- Casual Indoor clothes
- Wash Kit & Towels
- Toothbrush
- Indoor Shoes
- Old Trainers
- Swimming Costume
- Torch + Batteries
- Plaster strips [for blisters]
- Drink Container
- Bin Bag [to make a waterproof liner for rucksack]
- Wellingtons for Juniors & field study groups **ONLY**

Winter

- 'Thermal' T-shirts/underwear.
- Thermos Flask. [A steel flask in a good investment]
- 2 x extra pairs of Gloves & Hats [Mittens are best for dry slope skiing]
- More torch batteries

IMPORTANT

For all groups - laundry

- All bed linen is now provided by the Centre.
- Each bed has a duvet and pillow.

Summer

- Shorts.
- Baseball/Sun Hat.
- Sun Cream & Block
- Sun Glasses.
- Long sleeved light weight shirt.

The Centre provides for each person:

- Waterproof Jacket & Trousers.
- One Fleece Jumper.
- Walking Boots.
- Rucksack,
- Wetsuit.
- Buoyancy Aid.
- All specialist / Safety equipment

Top Tips

- Sweatshirts and Jeans are not good insulators when wet.
- Wipe heels and toes with surgical spirit for a week or so, to toughen the skin and avoid blisters.
- Always have a bin bag in your rucksack to waterproof it.
- A cheap camera will help to record all the best bits!
- Sandwich box.
- Have your wool socks handy when you arrive so you can try on your boots with the right socks.
- Field Study groups need a big transparent plastic bag to cover their clipboards. It is then possible to write under it when it rains.
- Junior Groups - Bring your own wellies.
- Plain cheap green wellies with black or beige soles, good tread. Not white/coloured plastic soles.
- Very BIG or small feet let us know in advance.
- **DO NOT** buy any expensive 'Designer' outdoor clothing or boots for your course.