

## Oxfordshire Outdoors: Clothing list

Courses at the Centres spend a lot of time outdoors, whatever the weather, so it's highly likely clothes will get wet and dirty. Hard wearing, warm clothes are required all year round, the season and prevailing weather will dictate quantity. We are asking you to provide functional rather than fashionable clothing, so please don't think you have to make additional purchases. The list below is based on centre experience, if you have any problems in providing any of the items, please discuss with the teacher organising the course.

| Activity clothing   | ✓ | Personal   | ✓ | Other essentials                        | ✓ |
|---|---|--|---|---|---|
| 4 pairs thick socks and 4 pairs thin socks for each day ( not trainer socks)  |   | Casual clothes for none activity time eg wearing around the centre |   | Personal medication (marked with name ) |   |
| Change of underwear per day   |   | Slippers / indoor shoes  |   | Plasters for blisters                   |   |
| 3 long sleeved fleece/ sweatshirts  |   | Pyjamas / night clothes  |   | Sun block – Factor 30 minimum           |   |
| 3 base layers, preferably not cotton  |   | Towel and washbag for shower – no aerosol sprays                   |   | Sun hat and optional Sunglasses         |   |
| 3 pairs trousers, tracksuit bottoms are ideal (jeans are not suitable for activities)   |   | Single duvet cover, pillow case, single bottom sheet               |   | 1 litre drinks bottle                   |   |
| Fleece/woollen gloves or mitts, warm hat, scarf (Nov-Apr)   |   | Pocket money (for the centre shop)                                 |   | Lunch box                               |   |
| Swimming costume  |   | S.A.E/stamps for postcards, pens/pencils                           |   | Bin liner for laundry/wet clothes       |   |
| Strong windproof coat with hood   |   |  |   | Cuddly toy (optional)                   |   |
| 2 pairs trainers – 1 for normal outdoor use + 1 old pair for wet activities   |   |  |   |   |   |
| Board shorts/PE shorts or similar   |   |  |   |   |   |
| 1 towel for changing  |   |  |   |   |   |
| <i>Waterproof jackets and over trousers, wellington boots, walking boots and day rucksacks are provided by the centre for the duration of the course and at no charge</i> |   |  |   |   |   |

Please note that

- Waterproof jackets and over trousers, wellington boots, walking boots and day rucksacks are available to borrow from the centre at no charge
- Aerosol deodorants are not allowed as they can trigger the fire alarm system
- Please check that clothing and personal possessions are named – this is especially important for medication such as inhalers