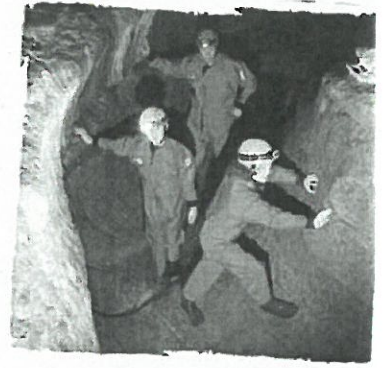




How Stean GORGE

EXPERIENCE THE THRILL OF NATURE



Residential Kit List

Summer or winter, rain or shine all our residential visits will involve spending lots of time in the outdoors. It's very likely you will get wet and/or muddy so please don't bring any expensive items of clothing or electrical products.

Where possible please make sure all clothing, belongings and especially any medication is labelled, this makes returning items much easier if misplaced.

All specialist clothing & equipment is provided by How Stean Gorge.

Kit List	✓
Sleeping Bag & Pillow (Sleeping mats provided by How Stean)	
Waterproof Coat & Trousers	
Wellies	
Walking Boots	
2 x Trainers (1 for wet activities & 1 for normal use)	
Warm Jumpers/Fleeces	
Jogging Bottoms (for water sports/caving)	
Jogging Bottoms (for dry activities)	
T-Shirts / Thermals Tops (avoid cotton)	
Plenty of socks and underwear	
Casual Clothes for evening	
Other Items	✓
Towel & Wash Kit	
Personal Medication	
Sun Hat / Woolly Hat / Gloves / Mittens	
Hair bobbles	
A Torch	
Bin liner for any wet/dirty kit	
Drinks Bottle 1 Litre	
Sun Cream	
Pocket money for souvenirs or tuck shop	