

## **Suggested Clothing**

### **General Advice**

The following list should be used as a guide to the type of clothes required for a week at a 3D Centre for a programme, which involves adventure activities.

In poor weather conditions the on-site activities will continue, and therefore it is important to emphasise to your group the importance of bringing warm and waterproof clothing. It should be remembered that as the programmes involve outdoor activities, clothes and shoes might get very dirty. Parents should be made aware of this if the students bring expensive items. It is also advisable to label all items of clothing and belonging.

Please remember that the luggage space on the coach is sometimes restricted and therefore each person should not bring more than one suitcase or holdall.

### **The Basics**

Sufficient socks and underwear

Night-clothes

Towels and toiletries (towels are not provided although bed linen is)

### **Clothes for daytime activities**

3 pairs tracksuit or trousers

3 t-shirts, shirts or blouses

2 pairs shorts/2 skirts

1 thick sweater

2 sweatshirts

1 light sweater (preferably wool for warmth)

1 swimming costume or trunks

Waterproof anorak/jacket/ or trousers.

Gloves, hat, scarf (for colder months)

### **Footwear**

Trainers/plimsolls (these may get very wet and/or muddy on some activities)

General day shoes and/or Wellington/walking boots

### **Toiletries**

Toilet bag including: flannel, soap, toothbrush, shampoo, hairbrush

2 towels

Medicines/inhalers as required

### **Disco**

There is usually a disco one evening so appropriate clothing will be required in this respect