

## Lakeland Outdoor Centres - clothing and kit list

A week at Hinning House / Low Bank Ground will involve up to 8 different activities. While there is a drying room available, it is best to assume that each day could end up with a wet activity. There should be no need to buy new clothes especially for the trip – old clothes are perfect. Any specialist equipment, including waterproofs, wind proofs, walking boots and rucksacks, can be provided by the Centre.

- \* **Footwear: Wellies (essential), trainers, old trainers, slippers**
  - \* **Toilet bag and appropriate contents.** Please do not bring aerosols (the smoke detectors are very sensitive and think that aerosols are smoke particles).
  - \* **Underwear.** It is best to have at least one set per day.
  - \* **Enough sets of clothing that will last the duration of the course,** which may well get wet and dirty. In the winter months it can be very cold so extra jumpers/fleeces are useful. Suitable clothing includes tracksuit bottoms, sweatshirts, tee shirts, thick socks (football socks are good) and fleeces. Please avoid jeans as they do not dry easily.
- |                                |  |                           |
|--------------------------------|--|---------------------------|
| * <b>Night clothes</b>         | * <b>Clothes to travel in</b>                                      | * <b>Swimming costume</b> |
| * <b>Hat and gloves</b>        | * <b>Sun hat / sun cream (summer)</b>                              | * <b>Towel</b>            |
| * <b>Water bottle</b>          | * <b>Book/magazine</b>   | * <b>Torch</b>            |
| * <b>Teddy bear</b>            | * <b>Money for tuck shop / souvenirs - £10 is more than enough</b> |                           |
| * <b>Stamps for post cards</b> | * <b>Any necessary medication</b>                                  |                           |
- \* **Plastic bag to put wet clothes / wellies in for return journey.** **KEEP THIS PART**

### MEDICAL / PRE-COURSE INFORMATION FORM to be completed by ALL visitors

Name of school/group \_\_\_\_\_ **RETURN TO COURSE LEADER**

Name: \_\_\_\_\_ D.o.B. (under 18) \_\_\_\_\_ Male   
 Female

Address: \_\_\_\_\_

\_\_\_\_\_

Emergency contact name \_\_\_\_\_

Emergency contact phone **home** \_\_\_\_\_ **work** \_\_\_\_\_ **mobile** \_\_\_\_\_

Name, address and telephone number of family doctor \_\_\_\_\_

Any relevant medical condition? (e.g. epilepsy, asthma, heart condition, physical disability, visual/ hearing impairment, any drugs being taken)

\_\_\_\_\_

Are you happy for staff to administer appropriate pain/flu/cough relief eg. Paracetamol, Benylin, Calpol etc. Yes  No

If yes, are there specific medicines that should **NOT** be given? \_\_\_\_\_

Any dietary requirements other than standard - Vegetarian \_\_\_\_\_ Other \_\_\_\_\_

Date of last tetanus injection (if known) \_\_\_\_\_

Any other relevant information \_\_\_\_\_

\_\_\_\_\_

If you do **not** want your child to appear on photos taken by Centre Staff during the visit, please tick this box

Signed \_\_\_\_\_ (Parent / Guardian for under 18)