

## 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.
- \* **Night clothes**
- \* **Hat and gloves**
- \* **Water bottle**
- \* **Teddy bear**
- \* **Stamps for post cards**
- \* **Plastic bag to put wet clothes / wellies in for return journey.**
- \* **Clothes to travel in**
- \* **Sun hat / sun cream (summer)**
- \* **Book/magazine**
- \* **Money for tuck shop / souvenirs** - £10 is more than enough
- \* **Any necessary medication**
- \* **Swimming costume**
- \* **Towel**
- \* **Torch**

**KEEP THIS PART**

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### **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)