**Clothing List**

(Some activities require Long sleeves and trousers)

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| **Essential** | Please Tick | **Desirable** | Please Tick |
| Sleeping Bag and Pillow case |  | Sun Cream and Hat |  |
| Waterproof jacket (Trousers if available) |  | Small Rucksack |  |
| Woolly Hat and Gloves (essential for skiing) |  | Small Torch |  |
| Plenty of T-Shirts |  | Small Rucksack |  |
| Tracksuit trousers  3 – 4 Pairs NO JEANS |  |  |  |
| Thin Jumpers and/or Fleeces  3 – 4 |  |  |  |
| Shorts |  |  |  |
| Swimming Costume / Trunks |  |  |  |
| Plenty of socks |  | With the nature of activities that are undertaken at Llain along with the changeable weather it is inevitable that clothes will get wet and muddy. We, therefore, suggest that everyone brings **OLD** clothes that are suitable for the activities to be undertaken. | |
| Underwear |  |
| Nightwear |  |
| 3 Towels and wash kit |  |
| Trainers/ walking boots (for dry activities |  |
| Wellington Boots |  |
| Old Trainers (for wet activities) |  |
| Plastic Water Bottle |  |

Llain Activity Centre accepts no responsibility for loss of clothing or possessions