

## Clothing List

(Some activities require Long sleeves and trousers)

<b>Essential</b>	Please Tick	<b>Desirable</b>	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 <b>NO JEANS</b>			
Thin Jumpers and/or Fleece 3 – 4			
Shorts			
Swimming Costume / Trunks			
Plenty of socks		<p>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 <b>OLD</b> clothes that are suitable for the activities to be undertaken.</p>	
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