



# EQUIPMENT CHECKLIST

In addition to normal clothes and trainers for wearing about the Centre, you will need to bring the following equipment for taking part in outdoor activities:

## Essential Items of Equipment

- Wellington boots
- Several layers of 'warm' clothing. Fleece tops and tracksuit bottoms are ideal. Denim clothing should not be worn during outdoor activities. Make sure you bring at least two changes of 'warm' clothes, as stuff is likely to get wet!
- 'Warm' hat and gloves
- Several T-shirts and a pair of shorts
- Swimming costume
- Couple of pairs of thick socks for wearing with mountain boots
- Couple of towels and toilet requisites (toothbrush, deodorant etc)
- Bin bag liner to bring wet clothes home in
- Medication as required e.g. asthma inhaler (if your consent form indicates that you have asthma, you must bring your inhaler)
- **An old pair of training shoes or Wellington boots – which are likely to get soaked (Ardnabannon does not supply 'wet' footwear)**

## Additional Items Of Equipment

Other items of equipment which you may choose to bring include:

- A base-ball style cap is useful to protect your eyes if it is sunny
- Sun cream
- Torch
- Camera
- Notebook and pencil

**Outdoor activities can be 'hard' on clothes – the older the clothes the better!  
A full range of specialist outdoor equipment will be provided by the Outdoor Centre**