

Kit List UK course

For the whole course you will need casual informal clothes.

You will be outside for at least 3 or 4 hours each day so we recommend that you bring:

- Waterproof jacket and trousers
- Sturdy walking boots
- Hat, gloves etc
- Outdoor clothing (allowing freedom of movement)
- Spare set of outdoor clothing in case you get wet!
- Warm fleece or top
- Day pack
- Water bottle
- Compass
- Whistle
- Torch

- Personal toiletries including a towel

SLEEPING ARRANGEMENTS

Accommodation will be in dormitories.

All bedding will be provided by Barrow House Youth Hostel.

As you will be sharing rooms with other people we recommend ear plugs and eye patches if you are a light sleeper!