

## **Bryntysilio Outdoor Education Centre – School Journey Kit List**

We hope you are all looking forward to our school journey to Bryntysilio Outdoor Education Centre on **Monday 15<sup>th</sup> – Friday 19<sup>th</sup> May**.

It promises to be a fantastic trip and we have been working closely with the Centre to arrange the best possible program of activities for the children.

**Please see below kit list provided by Bryntysilio Outdoor Centre:**

### **For Activities**

- 3 pairs of trousers - tracksuit trousers are best - NO JEANS
- 3 jumpers or fleece/hoodies/sweatshirts
- 3 shirts or thermal tops, long sleeved is ideal, football style shirts because they dry quickly when wet
- 4 pairs of thick socks. They prevent blisters when you're walking
- Boots – we provide solid, hard wearing walking boots however, bring your own if you prefer.
- A pair of OLD trainers, which you don't mind getting wet or muddy.
- Waterproof Jacket
- Warm clothing – it can get cold even in the summer in the mountains
- Torch – good for the nightwalk
- Swimming costume/Tunks
- Sun hat – baseball hat, etc
- Insect repellent
- Sun cream
- A water bottle

### **For Inside the Centre**

- Clean inside footwear to be worn inside the centre (slippers)
- Wash kit – toothbrush and paste, soap/shower gel and towel
- Pyjamas, onesie or dressing gown
- Trainers
- Casual clothing for the evenings
- Several changes of underwear and socks
- Bedding – please bring a single sheet, pillowcase and duvet cover or a sleeping bag

**THE CENTRE WILL PROVIDE:** WATERPROOF TROUSERS AND JACKETS, WELLIES, WALKING BOOTS AND ALL SPECIALIST OUTDOOR GEAR. *(Bring clothing that you don't mind getting WET and DIRTY! Fashion items often get ruined during outdoor and adventurous activities!)*

**Please be reminded that no electrical items are permitted on this trip, this includes mobile phones**

Personal medication – to be signed in by parent/guardian to the staff on the morning of the trip.