Clothing & Equipment List

Scottish Outdoor Education Centres

Some of the activities can be very wet & muddy. We recommend you bring adequate hard wearing, warm clothing (old or borrowed) rather than new or expensive items.

Specialist outdoor equipment is provided as part of the activity (helmets, harnesses etc). We have waterproofs and a small stock of boots for customers to borrow from the stores but you may prefer to bring your own.

GENERAL CLOTHING ESSENTIALS

- sweatshirts/hoodies/jumpers/microfleeces or similar
- casual trousers/jeans (for when you aren't doing activities
- t-shirts & shorts
- socks & underwear (plenty of changes)
- suitable nightwear
- indoor shoes/trainers
- something to tie back long hair for activities
- swimwear (for underneath clothes for watersports activities)

OUTDOOR CLOTHING ESSENTIALS

- fleece/warm sweatshirts
- suitable coat (waterproof and warm)
- old trousers/tracksuit bottoms (Not jeans)
- long/soft socks
- hat, gloves, neck gaiter or scarf
- trainers (old pair – they will get muddy and wet)
- wellies or walking boots that can get wet (if you have them). Should have good grip, be waterproof and cover the ankle.
- waterproofs (if you have them)

OTHER ESSENTIALS

- towels x2
- wash kit, including shampoo, toothbrush toothpaste etc
- water bottle (non-breakable)

RECOMMENDED/OPTIONAL ITEMS

- sunglasses
- insect/midge/insect repellent
- midge net if coming to Dounans May-October
- sunscreen, after sun & sun hat/cap
- torch
- inexpensive/disposable camera
- bin bag for bringing wet or muddy kit home
- small rucksack
- small amount of cash for souvenirs

WHAT NOT TO BRING

- expensive electronic devices
- expensive clothing
- hair straighteners/hair spray
- large amounts of cash
- sweets/extra food
- jewellery

PACKING TIPS

- make sure your belongings are
- clearly named
- tick off the items on the list as you pack them so there is a record of what you brought
- **bring this list with you** to help repack at the end of the visit

Rev-Feb 26

Scottish Outdoor Education Centres Ltd
Registered in Scotland No: 414494
Registered Office: Broomlee Centre, Station Road, West Linton EH46 7BU
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