Oxfordshire Outdoors: Clothing list

Courses at the Centres spend a lot of time outdoors, whatever the weather, so it's highly likely clothes will get wet and dirty. Hard wearing, warm clothes are required all year round, the season and prevailing weather will dictate quantity. We are asking you to provide functional rather than fashionable clothing, so please don't think you have to make additional purchases. The list below is based on centre experience, if you have any problems in providing any of the items, please discuss with the teacher organising the course.

Activity clothing	✓	**Personal**	✓	**Other essentials**	✓
5 pairs thick socks and 5 pairs thin socks (not trainer socks)		Casual clothes for non-activity time eg wearing around the centre		Personal medication (marked with name)	
Change of underwear per day		Slippers / indoor shoes		Plasters for blisters	
3 long sleeved fleece/ sweatshirts		Pyjamas / night clothes		Sun block – Factor 30 minimum (summer)	
3 base layers, preferably not cotton		Towel and washbag for shower – no aerosol sprays		Sun hat and optional Sunglasses (summer)	
3 pairs trousers, tracksuit bottoms are ideal (jeans are not suitable for activities)		Single duvet cover, pillow case, single bottom sheet (or sleeping bag if preferred)		1 litre drinks bottle	
Fleece/woollen gloves or mitts, warm hat (Beanie fits under a helmet) scarf (Nov-Apr)		Pocket money (for the centre shop)		Lunch box	
Swimming costume (for Yenworthy and Kilvrough)		S.A.E/stamps for postcards, pens/pencils		Bin liner for laundry/wet clothes	
Strong windproof coat with hood				Cuddly toy (optional)	
2 pairs trainers – 1 for normal outdoor use + 1 old pair for wet activities				Torch	
Board shorts/PE shorts or similar (summer)					
I towel for changing					
Waterproof jackets and over trousers, wellington boots, walking boots and day rucksacks are provided by the centre for the duration of the course and at no charge, however if you do have your own feel free to bring them.					

Please note:

- **Please bring a packed lunch for the day you arrive**
- Aerosol deodorants are not allowed as they can trigger the fire alarm system
- Please check that clothing and personal possessions are named – this is especially important for medication such as inhalers