



Participants kit list

A large part of your time with Cumbria Outdoors will be spent amongst the local fells or on the lake. Due to the changeable weather in Cumbria, you are likely to become wet!! However, sensible use of the drying rooms will enable you to always have a dry change of clothes.

Each participant will be provided with a set of waterproofs, walking boots, and a day-sack (these items are included in the price).

Specialist equipment for each activity e.g. climbing helmets, caving equipment, buoyancy aids etc. will be issued as necessary.

Participants wishing to use their own specialist clothing and equipment are welcome to do.

Listed below are various items which participants are recommended to bring (based on a 5 day course) (No's in red indicate 3 day course option)

- 1 pair of wellingtons
- 1 pair of old trainers for wet activities
- 1 pair of trainers for dry activities and general use
- 1 pair of slippers/indoor shoes
- Anorak or Coat
- 3 jumpers/sweatshirts
- 3 T-shirts
- 3/4 changes of underwear
- 2 pairs of thick socks
- 3/4 pairs of ordinary socks
- 2 pairs of trousers/tracksuit bottoms (jeans are not suitable for activity sessions)
- Swimwear
- 2 towels
- Sleepwear
- Hat & gloves
- Overall/cover up for arts based sessions
- Large black bin liner (to take home wet clothes!!)
- Tin of elastoplasts, tissues, toiletries, torch, sun hat & sun cream and any prescribed medicines **including two sets of any life critical medications.**
- Plastic drinks bottle



For winter courses - the following additional items are recommended:

- Extra pair of thick woollen socks
- Extra jumpers/joggers

Additional everyday wear may be included for use in the evenings.

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