

Example kit list

- T shirts long/short sleeved
- Fleeces/jumpers
- Old trousers/tracksuit bottoms (**not jeans**) for outdoor activities
- Old trainers for outdoor use
- Warm hat and gloves (even in the summer, as the Peak District can still be very cold)
- Wellington boots (if you have them)
- Old coat
- Underwear/socks , preferably thicker socks (not trainer socks)
- Casual clothes for the evening (not too many!)
- Slippers/indoor shoes or trainers
- Toiletries
- Towel
- Night clothes and dressing gown
- Personal medication
- Hair elastics (very important for tying long hair up on activities)
- Packed lunch box
- Small rucksack type bag for day walks (we also have ones to loan)
- Plastic drinks bottle that doesn't leak!
- Torch
- Sunhat and sun cream
- Bin bag for taking home dirty clothes
- Camera
- Lypsyl and insect repellent