



SUGGESTED KIT LIST

The following equipment should be packed by participants in outdoor activity programmes/skills courses run by the Glaramara Outdoor Centre:

- Waterproof Jacket *
- Waterproof Trousers*
- Fleece or Sweat Shirt x 2
- Thermal Layers e.g. Helly Hansen
- Boots*
- Old Trainers for Water Sports
- Thick Socks (Walking Type)
- Trackster type trousers or track suit bottoms (not jeans)
- Casual clothes for evening wear
- Hat and Gloves

* (also, available for hire)

Useful Items

- Compass
- Rucsac Liner
- Head torch
- Water Bottle (can be provided)
- Duvet Jacket

