

PERSONAL KIT LIST

During your stay all technical equipment will be supplied along with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleece may be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost every day! You therefore need 3 to 4 complete sets of outdoor clothing at the very least! You'll also need everyday clothes for wear around the Centre.

Check your labels!

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore **jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should all be avoided** for use on activities, particularly in the winter months. Fleece or woolen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear. They should be warm, comfortable and durable

Plenty of underwear

4 light tops (T, football or other casual)

4 heavier tops (jumpers, fleeces, sweatshirts etc)

4 pairs track suit bottoms, trousers, leggings etc.

4 thick pairs of socks (for boots and wellies)

1 pair of gloves

1 woolly hat

1 pair of old trainers

1 set of swimwear

1 baseball hat*

2 Towels (1 bath-size and 1 small)

Wash-kit

Set of pyjamas

Sunglasses*

Sun cream (at least factor 20)*

Lip screen*

2 Heavy-duty bin liners

Pocket money for snacks & souvenirs

- **MOBILE PHONES** create difficulties at the Centre. They are easily lost and broken, are a distraction from the social aims of the course and at worst can tend to exacerbate situations when used irresponsibly. Students are therefore asked not to bring them along. If they are then most visiting staff will ask for them to be handed over for safe keeping for the duration of the course. There are payphones available for student use at the Centre and Emergency Systems are in place both at Plas Pencelli and via each School.
- **AEROSOLS** can aggravate those with conditions such as asthma. They also trigger fire detectors when used in bedrooms. We ask that you use alternatives during your week.
- **ELECTRICAL EQUIPMENT** such as personal music players, electrical games etc. are out of synch with creating the right kind of an atmosphere for your course.

The emphasis at Plas Pencelli is on developing communication and social skills using a variety of challenging situations and adventure activities. It means that there is very little free time available. Your stay is a real chance to discover the real you and learn new ways of working with other people.