



## RESIDENTIAL KIT LIST

The following items can be provided by Foundry Mountain Activities for each group member:

- Sleeping bag / bedding (if applicable)
- Waterproof jacket
- Walking boots
- All specialist & safety equipment
- **We can provide fleeces if requested**

Each group member should bring the following items with them:

- Old trainers / footwear for water sports
- Old outdoor clothing incl:
  - Trousers (preferably not jeans)
  - Sweater (fleece or wool are best)
  - T-shirts / thermal layer
  - Shorts (summer)
  - Gloves & Hat (winter)
- Sunscreen (summer)
- Towel & wash kit for water sports
- Personal medical requirements
- Swimming costume (for water- based activities)
- Water bottle

Please advise group members of the following:

- expect to get wet and muddy – wear old clothing
- wearing several layers of thin, light clothing during activities is better than wearing a couple of thick layers
- jeans are not advisable for activities
- smart clothing is not necessary
- washing facilities for clothing are not available
- expect to get wet feet during activities – bring plenty of socks & an old pair of trainers for canoeing / raft building activities
- **do not bring valuable items**