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Head of Centre: Andy Sallabank

## Equipment List

### Essential items

- 2 pairs of thick hiking socks (not cotton) and sufficient normal daywear socks
- 1 pair of old trainers or plimsolls for water activities (they will get wet)
- 1 pair of indoor shoes or slippers
- 1 pair of outdoor shoes
- At least 4 warm jumpers/fleece tops
- 4 T-shirts or polo shirts (or thermal vests in winter)
- 3 pairs of trousers/joggers (loose fitting – **not jeans**)
- At least 1 pair of gloves or mitts
- At least 1 woollen/fleece hat or balaclava
- Nightwear
- Several changes of underwear
- Wash kit and 2 towels
- Torch and spare batteries
- Elastoplast plasters and personal medication (labelled with name)
- Pen, pencil
- Pocket money - £10.00 is plenty (there will be opportunities to purchase souvenirs)
- Sun block (factor 15 or above), midge repellent and sun hat for summer courses
- Swimming costume
- Lunch box or bag
- Plastic drinks bottle
- A bin liner for dirty clothes (end of course)

All specialist equipment, including boots and waterproofs, is provided but if you have your own and would like to bring them please feel free.

Since storage space in the dormitories is limited, please bring only essential clothing.

Please do not bring aerosol products such as deodorant and hairspray.

We recommend that mobile phones, electronic games and devices are not used at Thurston.

### Optional Items

- Cuddly toy
- Wellingtons (very useful if you have them)
- Camera (labelled) disposable ones are good
- Book
- CD's for use in centre music system



South Tyneside Council