GHYLL HEAD
Outdoor Education & Activity Centre

Ghyll Head Outdoor Centre, Windermere, Cumbria, LA23 3LN
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CLOTHING CHECK LIST

THE BASICS

- ☐ 3 x Fleece or Wool Jumpers
- ☐ T-shirts (LOTS!)
- ☐ 3 x Trousers (thick tracksuit, combats, NO JEANS)
- ☐ 3 x Thick Wool Socks
- ☐ Wool/Fleece Hat & Gloves
- ☐ Nightwear
- ☐ Underwear & Socks
- ☐ Casual Indoor Clothes
- ☐ Wash Kit & Towels
- ☐ Toothbrush
- ☐ Indoor Shoes
- ☐ Old Trainers to Canoe In
- ☐ Drink Container
- ☐ 2 x Bin Bags (to make a waterproof liner for rucksack & to store wet clothing on journey home)
- ☐ Wellington Boots – Plain, cheap green wellies with black or beige soles and good tread. No fashion wellies!

WINTER

- ☐ 'Thermal' T-shirts/ underwear
- ☐ Thermos Flask. (A steel flask is a good investment)
- ☐ Extra pair of Gloves & Hats
- ☐ Small torch & batteries

SUMMER

- ☐ Shorts
- ☐ Baseball/Sun Hat
- ☐ Sun Cream & Block
- ☐ Sun Glasses
- ☐ Long Sleeved Lightweight Shirt/T-shirt
- ☐ Swimming Costume

IMPORTANT

- The Centre provides all bed linen
- Each bed has a duvet and pillow

THE CENTRE PROVIDES FOR EACH PERSON

- Waterproof Jacket & Trousers
- One Fleece Jumper
- Walking Boots
- Rucksack
- Wetsuit
- Buoyancy Aid
- All Specialist / Safety Equipment

MOUNTAIN BIKING

- Thin Gloves (not ski gloves)
- Tracksuit bottoms/leggings (not too baggy)

TOP TIPS

- **Sweatshirts and Jeans are not good insulators when wet.**
- **Always have a bin bag in your rucksack to waterproof it.**
- **A cheap camera will help to record all the best bits!**
- **Have your wool socks handy when you arrive so you can try on your boots with the right socks.**
- **Field Study groups need a big transparent plastic bag to cover their clipboards. It is then possible to write under it when it rains.**
- **Plain cheap green wellies with black or beige soles, good tread. No 'fashion Wellies!!'**
- **Very BIG or small feet let us know in advance.**
- **DO NOT buy any expensive 'Designer' outdoor clothing or boots for your course.**