

WOODLANDS LODGE OEC

PARENTS CHECK LIST

The courses at the Centres involve a lot of time outdoors, whatever the weather, and there is the likelihood of clothes getting wet. Summer or winter conditions will dictate a different emphasis on the amount to be brought, but hard wearing, warm clothes are required all year round. The following should be regarded as a minimum for all 5 day courses.

CLOTHES FOR ACTIVITIES	Home	Woodlands
5 prs thick socks and 5 prs thin socks (not trainer socks)		
several changes of underwear		
T shirts		
3 – 4 prs long sleeved fleece / sweaters		
3 – 4 prs trousers(jeans are not suitable for activities)tracksuit bottoms are ideal		
Fleece/woollen gloves or mitts, warm hat, scarf (Nov-Apr)		
Anorak, jacket or parka(strong windproof with hood)		
3 – 4 warm shirts / thermal tops		
2 prs trainers – 1 for normal use + 1 old pr for wet activities		
OTHER ESSENTIALS		
2 good size towels		
Personal medication - given to the office in advance		
Plasters for blisters		
Toiletries etc - no aerosol *		
Sun block – Factor 30 /sun hat (April-Nov)		
Pyjamas or night clothes		
Casual clothes for evenings		
1 litre drinks bottle		
Slippers / indoor shoes		
Sleeping bag		
USEFUL ITEMS		
Torch and spare batteries		
Writing materials		
Lypsyl or lip salve (all year)		
2 bin liners and several plastic bags		
Pocket money (for the centre shop) - given to the office in advance		
Cuddly toy		

NOTES

Waterproof jackets and over trousers, wellington boots, walking boots and day rucksacks are available to borrow from the centre at no charge

*aerosol deodorants are not allowed at the centre, as they set off the fire/smoke alarm. Please bring a suitable alternative if required.

Chewing gum is not allowed at the centre - please don't bring any

Students are asked to make sure that their name is on their clothing and personal possessions - this is especially important for medication such as inhalers. The centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and centre staff are not allowed to look after them.

Your stay at one of the Centres is an opportunity to experience time away from "mobile and electronic devices" – please don't bring any