

Clothing & Equipment List

Please complete the following tick list to ensure that you bring the correct items of clothing with you on your visit to Blairvadach. Clothes for activities should be items you do not mind getting dirty or even damaged. Midriffs should not be bare

Clothing for Outdoor Activities

(please tick)

Thick pullovers or fleeces (x3)

T-shirts or vests (x2)

Warm trousers or tracksuit (x2)

Thick socks (x2)

Woolen hat and gloves

Trainers for Orienteering

All clothing is machine dried and shrinkage may occur.

We do not therefore advise students to bring "good" sweaters.

Clothing for Water Based Activities (April to mid October)

Old trainers or sandshoes

Swimming costume / shorts & T shirt

Towel

Personal Clothing & Equipment

Thermos Flask

Pyjamas

Indoor shoes or slippers

House clothes

Towels

Soap, toothbrush etc.

Any medication required, e.g. inhaler.

Land Based Activities

The following items of clothing are available from the Activity Stores located within the Centre.

- Boots
- Waterproofs (Top & Trousers)
- Gaiters
- Rucksac
- Wellingtons

Water Based Activities

The following items of clothing are available from the Activity Stores located within the Centre.

- Wetsuit
- Waterproofs
- Buoyancy Aid/Life Jacket

Other items which may be found useful:

- Midge Repellent
- Sun Block
- Sun Glasses
- Baseball Cap for Sunny Days

You are not allowed to bring :
Any electrical or battery operated items of equipment, knives, cigarettes / matches, aerosol sprays or mobile phones.

All body piercings must be removed prior to your visit, you will not be allowed to take part in activities with piercings in.