



# ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

## KIT LIST

### **YOUR OUTWARD BOUND EXPERIENCE**

During your stay, you will have to take responsibility for your daily life, respecting those living alongside you, making your bed, tidying your room, looking after your belongings and those of the Centre

The Centre will provide you with all specialist activity and safety equipment (please bring a refundable £10.00 deposit with you as this is required on arrival). However, you are welcome to bring your own kit and use it, providing it meets the Centre's safety standards. You will need to bring personal clothing and footwear.

### **CLOTHING CHECK LIST**

**BED LINEN IS PROVIDED BUT PLEASE SUPPLY YOUR OWN TOWELS.**

- Casual T-shirts
- Sweatshirts
- Thermal Tops
- Jumpers
- Fleece tops
- Thick and thin walking socks
- Synthetic trousers for walking (not jeans)
- JEANS (for around centre only)
- 2 pairs of trainers (one which can get wet)
- Underwear
- Pyjamas
- Shorts
- Hat and gloves
- Towel and swimwear
- Prescribed medicate (where necessary)

All courses may involve getting wet at some point, so please make sure you have plenty of spare dry clothes to change into.

### **MONEY**

You will only need to bring a small amount of money, as all courses are full inclusive. However all centres have a shop which sells confectionery, souvenirs and some items of clothing. We advise £15.00 per week, plus the £10.00 refundable deposit of equipment.

Headteacher: Mr J Wood

St. Aidan's Church of England High School, Oatlands Drive, Harrogate, North Yorkshire HG2 8JR

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## **USEFUL ITEMS (DEPENDING ON TIME OF YEAR)**

Notepad and Pen, sun glasses, sun cream, blister kit, camera, insect repellent, books and magazines.

## **WHAT NOT TO BRING**

You may want to leave valuable watches and jewellery behind. However if you really cannot live without them, you can be given access to a safety deposit box at the Centre. Aerosols and penknives are prohibited.

## **MOBILE PHONES**

MOBILE PHONES ARE NOT ALLOWED AT ANY CENTRE

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