

## KILLOWEN OUTDOOR EDUCATION CENTRE

### CLOTHING LIST

All specialist equipment will be provided by the Centre (e.g. wetsuit, waterproofs, walking boots etc). Please find below a list of personal gear.

The number of items suggested may seem a little extreme, but weather conditions during an activity can change quite suddenly and an extra sweater, etc comes in useful.

4 warm jumpers - Polar fleeces are ideal.

2 or 3 pairs of trousers - preferably not jeans, as these can become very heavy when wet. Tracksuit bottoms are ideal.

**Socks - To avoid blisters good socks are vital.**

Nylon type football socks will almost certainly give you blisters and should be avoided.

2 pairs of trainers (1 old pair for getting wet if Canoeing or Sailing).

T-shirts, pair of slippers, change of underwear and sweatshirts.

Woolly hat, pair of gloves and scarf - advisable all year round.

1 bath or 2 hand towels (wet clothing and towels can be dried in the centres' drying room).

Swimsuit /trunks - these are worn under wetsuits.

Wash kit - obvious, but easily overlooked. Hairdryer if possible.

Pair of shorts - weather permitting and Suntan lotion - for sun and wind burn.

*A small torch (if you have one) and Camera - optional, though recommended*

Please bring along a pen or a pencil (for use in orienteering).

*Plastic shopping bags for taking wet clothes home in.*

£5 pocket money - the Centre does not have a tuck shop. However, 1 or 2 supervised visits to Rostrevor Village are arranged during your stay.

Change for payphone - students have access to a payphone which can also receive calls. Telephone No: (028) 417 38478 and 417 38657. It is best to telephone after 6.00 pm.

As the activities take place outside, it is recommended not to bring 'good' or 'new' clothes. Any personal items left behind at the Centre need to be claimed within 7 days.

**A SLEEPING BAG IS NOT REQUIRED - AS THE CENTRE PROVIDES ONE,  
BUT IF YOU WISH YOU CAN BRING YOUR OWN.**

April 2005