

- Duvets or sleeping bag
 - 2 towels and washing gear (ROLL ON DEODERANT ONLY. NO AEROSOLS.)
 - Warm night clothes
 - Several pairs of trousers or tracksuit bottoms (not just jeans as they do not dry easily)
 - Socks and underwear – spares!!
 - At least 2 pairs of trainers (older the better!)
 - 1 pair indoor shoes/slippers
 - Sweaters/sweatshirts
 - Wellingtons or walking boots
 - Waterproof jacket
 - Warm shirts, at least one with a collar
 - Warm coat or fleece
 - Gloves and woolly hat
 - Warm socks
 - Torch
 - Purse or wallet labelled with name & address (£5 maximum)
 - Water bottle
 - Big polythene bag for wet clothes or wellingtons on return trip
- People particularly from the town are often unaware of the implications of spending time outdoors in the country. It is **essential** that wellingtons or walking boots are brought. We do have a limited stock of cagoules and overtrousers (waterproofs) which we may issue if necessary, and a limited stock of wellingtons of different sizes.
 - Please stress that they should bring as many changes of trousers and socks as possible; they will find that two pairs will last them no time at all!
 - **All clothes should be marked.** Wellies, towels, pants and socks are the most frequently mislaid. Any items of clothing left behind will be returned if the postage is sent to us, otherwise at the end of the year they are auctioned off for charity.
 - Students must bring duvets or sleeping bags. Pillows, pillow cases, bottom sheets and a blanket are provided. Bedding is provided for visiting adults/staff
 - Please try and point out that the more thin layers they wear especially of wool or cotton, the greater efficiency there will be for keeping warm, puffer jackets will not be adequate on their own. Warm feet and hands also help in cold weather, and a woollen hat is a great heat saver.

- It is Mill on the Brue's policy not to allow students to use mobile phones or ipads at the Centre.
- Jewellery, in particular rings and earrings, should **not** be worn during activities due to the possibility of being caught in the equipment, and long hair must be tied up.
- Children can bring with them 2 disposable cameras – no electronic recording devices.
Children can bring a pack of sweets/crisps with them to last the week.