

Brenin Adventures: Personal Kit List

All course members will require the following as a minimum:

Clothes

- 5 x T-shirts, 4 x Jumpers/hoodies, 4 x Trousers (No Jeans) 6 x Pairs socks, 1 Thick pair socks, enough underwear for your stay. 1x Pair of shorts.
- Warm hat and gloves, sun hat.
- Swimwear
- Towels x 2
- Thick socks (or lots of thin ones, **not trainer socks**)
- Sun cream
- Waterproof Trousers / Jacket. (Please ensure these are waterproof and not softshell, which can also get muddy)

Footwear

- Indoor shoes or slippers
- Training shoes for going outside
- Old trainers which can get wet (not sandals or crocs)
- Walking Boots (Only if group is walking – we also have boots if needed)

Overnight

- PJ's or nightclothes
- Soap
- Shampoo
- Toothbrush and paste
- Hairbrush
- Personal toiletries

Miscellaneous

- Torch with spare batteries
- Plastic carrier bags or bin bags for wet kit
- A lunch box and reusable drink bottles
- Rucksack for clothing when at activities away from site. (provided if needed)
- **SHOP** – we do have small shop onsite with a memorabilia type items. We recommend at the most £10.

Bedding

- **Bedding in Broneirion house is full provided**
- **If camping please bring a sleeping bag and pillow**

Valuables: No responsibility can be accepted by Brenin Adventures for any valuables. Gadgets and electrical toys are discouraged. If you have to bring them, please make sure they are insured.

Packed Lunch: Please bring a packed lunch with you on the first day (morning arrival only)

All specialist outdoor safety equipment is provided.