

Lake District Residential Kit List

It's worth pointing out that a week from home in the mountains is a lot of fun and when having this style of fun what you are wearing does not matter as long as you are warm well fed and relatively dry. There will be no fashion competitions held during the week!

Real Adventure (the activity providers) will provide everyone with the technical equipment that is required for each activity. They also have available to borrow: waterproof jackets and trousers, day rucksacks, walking boots, wellies (for the gorge scramble).

It is best if the kit is packed by the person who is going to be using it, that way there is a greater chance of clothing returning home, name badges help with this too.

Some recommended items to pack...

From the bottom up...

- Walking shoes/boots or trainers with a good grip. (Good grip is the important part)
- Trainer to get wet, again with good grip.
- Trainers for general wear and around the hostel.
- Plenty of spare socks, thick ones if you have them to help protect feet when wearing walking shoes.
- Tracksuit bottoms (ideally one for every day's worth of activities).
- Shorts – for the evenings if it is warm.
- Enough underwear for every day, and spares!
- T-shirts, long and short sleeve.
- 2/3 warm jumpers – fleeces are ideal.
- Sun hat

For the accommodation and sleeping.

- Toothbrush and toothpaste.
- Shower gel/Shampoo.
- PJ's.
- 2 towels, one for any wet activities, one for showering/washing.
- Bin bag for dirty clothes (this does make life much easier).
- Deodorant (if used at home and roll on only, no aerosol cans).
- Hair bobbles for long hair.
- A teddy!

For the days out

- Waterproof top and bottoms (can be borrowed)
- Sun cream
- Rucksack (can be borrowed) with straps to go over both shoulders.
- A camera if you wish, but nothing expensive.
- Inhaler.

Please **DO NOT** send any of the following:

- Jeans for the day activities.
- Mobile phones
- Fitbits/smart watches – there is a real danger of them getting damaged during the activities and charging will be an issue in the dormitories.
- Sweets
- Aerosol deodorants
- Toys/games
- Your child's best clothes!
- Hairdryers/Hair straighteners/Makeup

General Points

- The tree top nets require arms and legs to be covered (to prevent friction burns on the ropes).
- There is a 'drying room' at the hostel. This will help dry out clothes, but you will need to wash them when they get home!



Visit us: www.howardpark.co.uk, Email us: office@howardpark.co.uk, Call us: 01274 864972

Head Teacher: Mr J Pickles BSC (Hons), PGCE, (NPQH)

Deputy Head Teacher: Mrs S Mollett BA (Hons), PGCE