



Ar gyfer meddwl, corff ac enaid ein cymuned
For the mind, body and soul of our community

Gilwern Outdoor Centres – Day Visit Kit List

- ✓ For your own comfort & safety we ask all visitors on a course to bring the following clothing **as a Minimum**.
- ✓ *Even if unplanned, you may get wet as we operate in all weathers. With this in mind we ask all participants to bring a full change of clothes.*

Participants should be wearing:

- Thick socks or a few pairs of thinner socks. Ankle/trainer socks are not suitable
- Clothing suitable for the weather forecast such as joggers (No jeans on activities), long sleeve t-shirt, warm fleece or hoodie for mild weather.
- Water-proof coat and trousers
- Sun hat or Wooley hat depending on weather forecast

Participants should bring:

- Packed lunch and snacks
 - Drink
 - Spare dry footwear
 - Spare change of clothes suitable for the weather forecast
 - A Thick Warm Fleece Top
 - Warm Hat/Sun Hat
 - Gloves
 - Black Bin bag for wet clothes
 - Medication e.g. Asthma pump
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- All items should be packed in a small ruck sack to keep hands free.
 - All items of a specialist nature will be provided e.g. Wellies but you may bring your own e.g. walking boots, waterproof jackets. Centre staff will check these for suitability before they are used