

# Longtown Residential Kit list



- Duvet cover, single sheet and pillowcase
- 1 pair of indoor shoes (crocs, sliders, slippers or trainers)
- 1 pair of trainers or walking boots for general outdoor wear
- 1 old pair of **trainers** that you don't mind getting muddy or wet.
- A warm coat
- A full change of clothes **per day** including: long trousers, t-shirt, warm jumper/fleece/hoody, underwear and socks (not trainer socks)
- 2 x towels
- Pyjamas
- Washbag with a toothbrush, toothpaste, deodorant (no sprays please) shower gel etc.
- Warm hat and gloves (These are essential even in the summer months as nighttime's and hilltops can still be cold!)
- 2 x bin bags to carry wet clothes
- Labelled water bottle
- Small torch
- Sun cream and sun hat (in the spring and summer months)
- Packed lunch for the arrival day
- Medication if applicable - in a labelled bag

**We supply waterproofs and wellies but feel free to bring your own if you already have them.**

