

# Longtown Bedroom 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 and hilltops can still be cold!)
- 2 x bin bags to carry wet clothes
- One litre water bottle (labelled)
- 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
- Day backpack if you have one (we can lend you one if you don't)
- Spending money £5 - £10. Our shop sells hats, drinking bottles and pens, etc

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