

The hire of walking boots and waterproofs is included in the cost; however, if you wish to provide your own I should advise you that Lakeside staff are insistent that certain standards are met for safety reasons. Walking boots must be sturdy, giving good ankle support, with an integral tongue and good grip (fashion boots will be rejected by Lakeside staff) and waterproof clothing (cagoules and trousers) must have sealed seams.

Suggested Clothing List

All personal clothing and equipment must be clearly named and brought in a suitcase or holdall. Clothing should be of the type which you don't mind getting wet or muddy! We expect the following list will cover any eventualities in the weather. We will have a drying room which means that most wet clothes can be worn again within 24 hours of getting soaked!

5 pairs of trousers (*e.g. tracksuit bottoms – jeans are not suitable*)

5 warm tops (*e.g. sweatshirts or fleece*)

7 pairs of socks and 1 pair of thick socks to be worn with the walking boots

7 sets of underwear

7 T-shirts

shorts (*optional*)

nightwear (*warm pyjamas are preferable in a tent, avoid onesies or trousers with feet if possible*)

hat and gloves (*often essential for fell walk – even in June!*)

plimsolls or old trainers (*Essential & in addition to those worn for the journey, as they will get wet when kayaking, sailing, ghyll scrambling and raft racing.*)

bathrobe (*optional*)

Equipment, Essentials & a few Optional Extras...

small backpack (*with 2 shoulder straps; to carry lunch, waterproofs, etc.*)

wash bag (*soap, flannel, toothpaste, toothbrush, comb, shampoo, etc.*)

large towel

smaller towel (*for the ghyll scramble*)

torch and spare batteries

drinking water bottle (*essential for refilling every day*)

sun cream

lip salve

insect repellent (essential!)

insect bite relief

sleeping bag & pillow in a named dustbin bag (*foam mattresses and blankets are provided*)

2 empty named dustbin bags (*One for dirty clothes, the other for the sleeping bag if the original dustbin bag gets torn*)

tissues

camera (*optional, and the responsibility of the individual child*)

named purse/wallet/belt bag for spending money – maximum £10 – preferably in small change

MP3 players & electronic games (*allowed on the journey, although certain restrictions will be placed on them during our stay at Lakeside*)

flip-flops or beach shoes

bathrobe (*optional*)

Any child who'll need to wear glasses whilst on the lake would also benefit from 'eyewear retainers' (costing under £10 from Amazon)

All clothing, equipment and spending money are the sole responsibility of each child. There is no facility to lock personal items away securely. Our insurance would require a small excess to be paid on any claim which is made.

The following items are not allowed :

- iPads or similar

- chewing gum

- sweets

- mobile phones

- portable dvd players