

KIT LIST

Being correctly equipped is essential not only for Safety but also your enjoyment. In general terms make sure you have a few changes of clothes adequate for your stay at lakeside with us. As an outdoor education provider, we ask that you bring clothes that you don't mind getting wet and muddy in.

OUTDOOR WEAR

Things you don't mind getting muddy in!

2 Pairs of Trainers	One that you don't mind getting wet when you're on lake-based activities, and one for land activities that will still get muddy!
Socks	You will need at least 2 pairs of thick socks to keep your feet warm whilst out on activities. - Anything other than Nylon is perfect! You will also need other socks for when you aren't on activities.
Long leg trousers	Tracksuit pants, fleece and Poly-cotton are all great choices! JEANS ARE NOT SUITABLE! So please don't bring them. They will get heavy and uncomfortable when wet. Plus they take a long time to dry.
Tops	Warm long sleeves tops are a must - Fleece is best! Acrylic, Wool and Poly-Cotton are good choices too. Also bring plenty of T-shirts!
Hat and Gloves	Keeping your head and hands warm is essential! Wool or Fleece does the job, this is especially important during the colder months of the year
Waterproofs	We are based in the lakes, and there's a constant chance of rain, so waterproof jacket and trousers are crucial to fighting off the elements

YMCA Lakeside have a supply of torches, waterproofs and walking boots which we are happy to lend you during your visit.

PERSONAL KIT

Wash kit and towels	Shampoos, shower gels etc. For when you want to feel clean after hours in the mud and water!
Torch (With spare batteries)	Perfect for making your way to back to accommodation after your evening activity as Lakeside is very dark after sunset.
Bottle for drinking water	You need to stay hydrated whilst out on your activities, so this is essential!
Sleeping bag	Only necessary if you are sleeping in a tent! If not in a tent don't worry; all your bedding is provided.
Rucksack	For carrying around your belongings whilst out and about!
Casual Clothes	For when you don't plan on getting wet and muddy!
Nightwear	Something for you to sleep in.
MEDICATION	If you require any medication it is of the utmost importance that you please bring it with you.

SUMMERTIME EXTRAS

Sun Screen	If you are one of the lucky ones and the sun is set to make an appearance, make sure you pack this! When it's closer to your visit check to see what the weather forecast says. But if you're unsure it's better to be safe than sorry!
Insect Repellent (not to contain DEET.)	As we are based on Lake Windermere there can be some insects nearby, so this can be helpful, but please no DEET!!
Sun hats, Caps and Shades	Perfect for keeping the sun out of your face if you are out on Lake Windermere.

OPTIONAL ITEMS

Thermal underwear	More important in the colder months.
Umbrella	Only if you're determined to fight the elements and keep them at bay!
A disposable camera	Perfect for capturing your favourite moments at lakeside and they are a lot cheaper than expensive digital cameras.
Some small change (money)	For the shop and vending machine. Careful not to bring too much though.

WHAT NOT TO BRING!



We are all about having fun in the great outdoors and all of these can be distractions and if they were to break, could ruin your stay with us!

- Jeans
 - Mobile Phones
 - Laptops
 - Computers
 - MP3 Players
 - Kindles
 - E-Readers
 - Expensive watches
 - Jewellery
- Any other expensive items that may not be covered by your insurance