

BIRSAY CENTRE

2.5 DAY EQUIPMENT & KIT LIST

The suggested list of items below is a guide to what you will need for a typical 2.5 day Outdoor Programme.

Personal Clothing you should bring:

Hat & Gloves	Indoor Footwear
Old Trainers, to get wet (water sports)	Underwear (3)
T shirts/Thin Tops (3)	Fleece Jacket/Warm Jumper (2)
Shorts	Trousers (3) (Not jeans)
Swimming Costume	Nightwear
Wellies (not essential)	Thick socks (3-4) (above ankle length)

Other Personal Items to Bring:

Towel	Watch (not essential)
Toiletries	Sun Hat
Sunglasses	Camera (not essential)
Sun Cream	Lunch Box
Water Bottle (large)	Notebook & Pen
Basic First Aid (Plasters)	Personal Medication/Inhaler
Midge Repellent	Plastic Bin Liners (3)
Walking Boots (not essential)	Pocket money for souvenirs (not essential)

Equipment Issued by Hoy Centre (On arrival):

Walking Boots	Day Rucksack
Fleece Jacket	Water Bottle
Waterproof Jacket	Waterproof Trousers
Hat/Gloves	

All specialist water and land based activity equipment is provided and will be issued to all pupils/teachers taking part.

Please do not bring any expensive, breakable or unnecessary items.

No liability will be taken by the school or Orkney Islands Council for damage or loss to personal possessions whilst on an activity programme.

Mobile phones, if taken, must not be used during activity times. Instructors will request they are switched off during activity times.