

Student Personal kit List

General: -

- Wash kit and towel to stay in centre
- Torch with batteries
- Plastic drinks bottle (1 litre at least)
- Roll on deodorant (not aerosols they set the fire alarm off)
- Lunch box (medium sized) **So your lunch doesn't get wet on activities.**
- 1 large polythene bag (strong dustbin liners) for any wet or dirty kit at end of your stay)
- April-September Sun cream (at least 20-30 & insect repellent are vital)

Clothing for Outdoor Activities

- 2 Jumpers (See note below **)
- 2 pairs Warm trousers/leggings/tracksuit trousers
- 2 pairs of thick socks / **WELLY SOCKS ARE GREAT (1 pair if course is only 3 days long)**
- Swimming costume/shorts
- 1 pair of shorts to wear over a wetsuit
- 1 pair of old lace up trainers that will get wet
- 2 T shirts OR thermal tops
- Large towel to allow privacy when changing outdoors- **Changing robe if you have one or can borrow one. These are ideal**

Additional clothing to bring for around the centre (This will be used when not on activity. i.e. In the mornings and evenings): -

- Slippers/indoor footwear for around centre
- Pyjamas
- Warm jumper
- Trousers
- Underwear
- T shirts/ tops

October to March – Woolly hat and gloves

March to September – sun hat and SUNCREAM

**** N.B. Cotton stays cold when damp so on wet days and for water sports, we recommend wearing fleece, nylon, wool, or 'thermal' underwear next to the skin. These non-absorbent materials retain some insulation even when wet, whereas a cotton Tee shirt or jeans can feel like you are wearing a cold, wet dishcloth!**

Blue Peris provides the following:-

- Waterproof jacket
- Waterproof over trousers
- Rucksack
- Balaclava
- Walking boots
- Wellies
- Wetsuits
- And all safety gear

What NOT to bring:

- Aerosols – they set off the fire alarms
- Electrical equipment (including hair straighteners and dryers) – there are no sockets in the dormitories and they are a fire hazard.
Hair dryers are supplied in the washrooms
- Items of value are discouraged (e.g. mobile phones, ipods, game consoles)
- **Trainer socks are not suitable for any activity**

Money: You **don't** need any during your stay at Blue Peris unless the teachers decide to visit the ice cream shop or the service station.

Phones: The centre accepts no liability for any loss or damage to phone. They are not allowed on activities and schools often do not allow them.

