

## What shall I bring to Benmore? - detailed list below

Benmore is an activity centre and there is a distinct possibility of getting wet and muddy on some activities! So the emphasis is on plenty of old warm clothing – and bring a poly bag to pack the wet stuff in when you leave! The list attached is only a guide.

### Things to Bring

- 3 warm, thick, old sweaters/fleeces/sweatshirts
- 3 pairs of trousers (preferably old and loose-fitting or 'stretchy') or track-suit trousers
- 3 pairs of thick socks
- training shoes including an old pair to get wet
- gloves and a woolly hat (even in summer!)
- swimming costume (summer and winter)
- shorts (summer only)
- underwear, nightwear
- change of clothing for the evening (including flat heeled shoes i.e. do not bring shoes with pointed heels)
- thick tights, long johns (if you have them) for use in winter
- wellington boots (if you have any)

### and also

- pencils and paper
- towel, soap and toothbrush
- torch (if you have one)
- camera
- suncream and insect repellent (May to September)
- Any medicine you might have to take (with written note from your parents or doctor)

## What does Benmore provide?

Benmore provides all bed-linen (but not towels), waterproofs, boots, rucksack, midge net and specialist equipment for fieldwork, climbing, sailing, canoeing, etc. Students possessing their own items of specialist equipment (climbing gear, wetsuit, etc.) are encouraged to bring them.