

## RETREAT PARTICIPANT CLOTHING & EQUIPMENT LIST

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### CLOTHING

- Wool or synthetic walking socks (no cotton socks for outdoor activities).
- Synthetic fibre or merino wool thermal underwear (long-johns and long sleeve top).
- A synthetic fibre, fast drying long-sleeved top.
- Synthetic fibre, fast drying trousers (no jeans or cotton/canvas trousers for outdoor activities)\*.
- Fleece or down jackets (1 x light weight and 1 x heavy weight).
- Breathable, waterproof jacket.
- Breathable, waterproof over-trousers.
- Hiking boots or wellies that you can walk comfortably in.
- Fleece or wool hat.
- Gloves.

\*Cotton trousers, especially denim jeans, get wet easily as they are very absorbent and once wet become extremely heavy and uncomfortable. They also wick heat away from your body and are associated with many incidents of hypothermia. Cotton clothing should never be worn for outdoor activities but can be worn in the lodge.

### OUTDOOR KIT

- Day Pack at least 20-30 litres in size (with plastic bag liner to keep things dry).
- Water bottle of 500ml to 1,000ml in size.
- Lunch box (a plastic box with lid will be fine).
- Head torch or hand-held torch & batteries plus spare batteries and bulbs.
- Small personal first aid kit (blister kit, sun block, etc.).
- Sunglasses.
- Note book and pen or pencil.



## **PERSONAL ITEMS**

- Personal toiletries.
- Personal medication, if applicable.

## **OPTIONAL EQUIPMENT**

The following items are not necessary but can help keep you comfortable outdoors if you feel the cold easily.

- Slippers – there is a ‘no shoes’ policy in the lodge so you may wish to bring a pair of slippers to wear while indoors.
- Thermos flask - necessary if you want a hot drink while outdoors.
- A sit-mat – approx. £5 from an outdoor shop. Keeps your bottom warm and dry when sitting outdoors.
- A sleeping bag – on your solo you may want sit with your legs in a sleeping bag to stay extra cosy.
- Instant hand warmers – There are various kinds available from outdoor shops and if you are prone to cold hands or feet these can be useful for keeping you comfortable.

If you have any questions about equipment and clothing please contact us.