

THE RANCH OUTDOOR DISCOVERY CENTRE

GENERAL KIT LIST

There is no need to spend money on expensive special clothing although it is important to bring at least a couple of changes of clothing. The following are **suggestions** and to be treated as a guideline unless in **bold text**:-

- ◆ Two pairs of trainers - one pair for indoor use/ one pair you don't mind getting muddy.
- ◆ Warm shirts, jogging bottoms, warm trousers (**denim jeans are not suitable for outdoor activities because, when wet, they become very cold and heavy and tight.**)
- ◆ Two warm tops i.e. sweatshirts, fleeces or **wool** jumpers.
- ◆ A waterproof coat /jacket or cagoule.*
- ◆ Three pairs of thick socks (**NB. Please do NOT bring just 'trainer socks!!!**)
- ◆ Changes of underwear (enough for the length of stay!)
- ◆ A pair of strong walking shoes or (preferably) boots.*
- ◆ A couple of towels.
- ◆ Night wear.
- ◆ Washing bag with: soap, flannel, shampoo, toothbrush/ toothpaste, deodorant etc.
- ◆ Headache tablets (paracetamol or Ibuprofen)? You *might* like to you bring your own—just in case, as neither The Ranch staff or leaders of your group are allowed to issue them to you.
- ◆ Pack of tissues - better than handkerchiefs.
- ◆ Swimwear - *as appropriate!*
- ◆ **Sun cream—definitely needed** from April through to the end of September.
- ◆ Large plastic bag for taking home wet/ dirty clothing—(a black sack is ideal).
- ◆ A torch - *not essential, but it may come in useful!*
- ◆ A plastic re-usable water bottle.

NOTES

- ◆ It is generally a good idea to use soft bags for carrying luggage (if possible) as it is often easier to pack them into tight space on a coach or minibus.
- ◆ When packing, do bear in mind the weather forecast and adjust what you bring accordingly.
- ◆ It is advisable to mark your belongings - especially valuables!
- ◆ It is **not** advisable to bring a lot of pocket money, expensive leisure clothing or valuables other than perhaps a camera.

***NB.** If you have your own outdoor clothing and/or boots - **do bring them**, however the Ranch has a fairly extensive range of waterproof jackets, over-trousers and walking boots which are available to residential groups for a small hire charge.

P.T.O.

(NON OPTIONAL) CLOTHING REQUIREMENTS FOR...

CLIMBING & WATER BASED ACTIVITIES.

If your group has booked, or intends to book any of the following activities please make sure that the following clothing requirements are clearly communicated to your group members in good time prior to departure. Please also double-check with your group members that they do actually bring the items below that they will require...

GORGE WALKING/ KAYAKING/ CANADIAN CANOEING

- ♦ Swimming costume/ trunks to be worn underneath outer clothing.
- ♦ A **LONG** sleeved 'T' shirt or other long sleeved top is **ESSENTIAL** for Gorge Walks.
- ♦ A **WARM** top is of particular importance for kayaking/Canadian canoeing.
- ♦ Track suit bottoms (or similar **loose** trousers) - Absolutely **NO** denims* to be worn.
- ♦ An old pair of trainers

ROCK CLIMBING/ HIGH ROPES/ MOUNTAIN WALKS

- ♦ Trainers/ walking boots
- ♦ Track suit bottoms or other similar loose trousers (again no denims* please)
- ♦ Waterproof jacket/top/ overtrousers (available at The Ranch if you don't have your own).
- ♦ Hat and gloves in cold weather/ sun cream in sunny weather

NB. PLEASE NOTE:

FOR GORGE WALKING & KAYAKING/CANADIAN CANOEING SESSIONS IT IS ESSENTIAL THAT GROUP MEMBERS WEAR CLOTHING THAT THEY DO NOT MIND GETTING WET OR MUDDY. I.E. DO NOT NOT WEAR YOUR BEST 'TRACKIES OR TRAINERS!'

***(The reason denims should not be worn is that when wet, denims become very tight, heavy and cold and therefore inhibit free movement of legs. This is potentially dangerous in many outdoor activity situations.)**

P.T.O.

VERY IMPORTANT! Please read and act upon!

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- ♦ **An old pair of trainers**

ROCK CLIMBING/ HIGH ROPES/ MOUNTAIN WALKS

- ♦ **Trainers—Walking boots for Mountain walks**
- ♦ **Track suit bottoms or other similar loose trousers (again no denims* please)**
- ♦ **Waterproof jacket/top/ overtrousers (available at The Ranch if you don't have your own).**
- ♦ **Hat and gloves in cold weather/ sun cream in sunny weather**

IMPORTANT NOTES

1) FOR WATER BASED ACTIVITIES ALWAYS TAKE WITH YOU A CHANGE OF DRY CLOTHING AND A TOWEL.

2) FOR GORGE WALKING & KAYAKING/CANADIAN CANOEING SESSIONS IT IS ESSENTIAL THAT GROUP MEMBERS WEAR CLOTHING THAT THEY DO NOT MIND GETTING WET OR MUDDY. I.E. DO NOT NOT WEAR YOUR BEST 'TRACKIES OR TRAINERS!'

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