

LEVEL 2 ACTIVITY PROGRAMME (3 Day)



KIT LIST / EQUIPMENT INFORMATION

The suggested list of items below, are a guide to what you will need for a typical 3 day Outdoor Activity Programme.

PERSONAL CLOTHING YOU SHOULD BRING :

Hat (1) & Gloves (1 pair)	Indoor Footwear (1 pair)
Old Trainers with laces, to get wet (1 pair)	Thick Warm Long Socks (2 pairs)
Underwear (3)	Normal Socks (3 pairs)
T Shirts / Thin Tops (3)	Fleece Jacket / Warm Jumper (2)
Shorts (for over wetsuit on coasteering) (1)	Trousers, NO Denim/J Jeans (3)
Swimming Costume (1)	Nightwear (1)
	Outside Coat/Jacket (1)

Shorts

OTHER PERSONAL ITEMS TO BRING :

Sleeping Bag (if required)	Towel
BASIC Toiletries	Wrist Watch (not phone)
Sunglasses	Sun Hat
Sun Cream	Camera
750ml - 1 litre Water Bottle	Lunch Box & Food
Basic First Aid (Plasters)	Plastic Bin Liners (3)
Midge/Insect Repellent	Personal Medication / Inhaler / Glasses
Walking Boots/Shoes	

EQUIPMENT ISSUED BY OUTDOOR CENTRE (On Arrival):

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

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 unsuitable/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.