

Kit List

At the Calvert Trust the emphasis is on activity, and it is more important to wear comfortable, practical clothing rather than fashionable clothes. It is particularly important to keep warm and to have clothes to change into if you get wet. The Centre can provide waterproof clothing and wellies or boots, but we encourage you to bring your own if you have them.

Layers of clothes will keep you warm and you can always remove a layer if you are too hot. For example, two or three thinner jumpers are better than one thick sweater. In the winter months you may need to wear thermals or tracksuit trousers beneath your outer trousers for extra insulation.

The following items of clothing are regarded as essential for the activities carried out at the Calvert Trust. You can use this as a checklist.

- **Jumpers** - 2 or 3
- **Trousers** - giving freedom of movement, e.g. tracksuit bottoms (preferably not jeans as they become uncomfortable and very cold when wet and can restrict movement)
- **Thick socks** - several pairs, and thin socks. Wool is warmest and most comfortable.
- **Trainers** - 2 pairs, one pair for wet activities, sailing and canoeing, and one for wearing around the Centre.
- **Hat and gloves or mittens**
- **Swimming costume**
- **Toiletries** - including soap
- **Towels** - 2 recommended (1 for swimming)

The following items are also suggested;

- **Changes of underclothes and T-shirts**
- **Shorts**
- **Casual wear for evenings**
- **Sun cream and sunhat**
- **Sun glasses**
- **Camera**
- **Wellies** – please make sure your name is inside
- **Torch** – for night walks and trips to the mine

Wheelchair Users

Please bring a spare inner tube and, if you use a sports wheelchair, please also bring push handles.