



Suggested Clothing and Personal Items

This is what we recommend you bring for a 5 day course. Please bear in mind that a Lagganlia Experience can (and probably will!) be a wet and muddy one at times. Don't pack your best, smartest and newest gear!

- ☺ At least three warm 'tops' (fleeeces or woollen jumpers)
- ☺ At least three pairs of loose fitting warm trousers (track suit or jogging bottoms but not jeans).....
- ☺ Casual clothing for evening use
- ☺ Underwear
- ☺ Shorts (summer)
- ☺ Socks (at least 3 thick pairs)
- ☺ Training shoes (2 pairs, the grubbier the better)
- ☺ Slippers or something to wear inside the Centre
- ☺ Gloves & hat
- (we provide these but another set is always useful)
- ☺ Pair of wellies (not essential).....
- ☺ Pyjamas
- ☺ Swimming costume
- ☺ **Vacuum flask and a container for juice (essential) ..**
- ☺ **Lunch Box to fit in rucksack (essential)**.....
- ☺ Soap, towel, toothbrush
- ☺ Personal first aid kit
- (plasters and any personal medication etc.)
- ☺ Sun Cream & Insect repellent
- (available at the Centre shop)
- ☺ Plastic bag for taking home any clothes that are still wet.....
- ☺ Torch (so that we can do night orienteering).....

In the ski season life becomes more complicated. All of the above should still be packed because there is always a possibility that it is impossible to ski and an alternative programme will need to be followed. The following additional items should be packed:

- ☺ Salopettes or ski pants
- (or very warm trousers, no need to go to great expense)
- ☺ Warm anorak or ski jacket.....
- ☺ Long thermal underwear
- (or extra pyjamas that could be worn instead)
- ☺ Ski goggles and lip salve (both are available from the shop).
- ☺ Sun cream.....

We advise those embarking upon a course at Lagganlia to try to provide as many personal items from the above lists as possible. All technical outdoor clothing and equipment is provided by the Centre.