

Kit List – Benmore

This is what we recommend you bring for a **4 night residential course**.

Please bear in mind that a Benmore Experience can (and probably will) be a wet and muddy one at times.

Important:

- Please do not pack best clothing
- Only pack old clothes that you don't mind getting dirty and muddy
- Mark all clothing with the participants name
- Do not go out and buy new for coming, where possible
- Speak to the school if you are struggling to gather all the 'Essentials' together
- Benmore has wellies, walking boots, waterproofs, wetsuits and ALL the technical outdoor equipment

ESSENTIAL - all year – recommended packing list			
What to bring	Hints/tips	How many	Tick ✓
Socks	8-10 minimum	Mix of thin/thick No trainer socks	
Underwear	4 plus a few extras		
Long-sleeved warm tops:	4-5	Fleece/hoodie/jumper	
T-shirts/thin tops	8	Mix of long and short sleeved	
Trousers	3-4	Joggers or leggings No jeans	
Old trainers	2	1 for normal use 1 old pair for wet activities	
Toiletries		No aerosols Hair bobbles - long hair Don't forget your toothbrush!	
Clothes for evenings inside		Appropriate clothing No heels	
Indoor footwear/slippers		No open toes	
Pyjamas			
Towel			
Water bottle			
Plastic bag		For taking home clothes that are still wet	
SEASONAL:			
Shorts	Summer		
Swimming shorts/costume	Summer		
Sun cream	Summer		
Gloves and hat	Winter		

NICE TO HAVE - if you already have, but DO NOT buy especially:	
Item	Season
Waterproofs	All seasons
Walking boots	All seasons
Wellies	All seasons
Torch	All seasons
Thermal long-sleeved top and trousers	Winter