



What shall I bring to Benmore?

Whatever the weather, a lot of time will be spent away from the Centre on the hills, lochs, and rivers, at different times of year, in different weathers – so plenty of warm, old clothing is absolutely essential.

We are committed to supporting every child and young person in having the opportunity to visit Benmore. The Centre has a substantial kit store, providing specialist gear and some general clothing. If you have any concerns about our kit list and need some support, please contact your school/group. They will provide confidential help and support, including contacting us to explore different solutions. We don't want you to worry and certainly do not expect you to go out to buy new additional items. Old/existing items of clothing are ideal and practical.

Whilst we cannot provide additional general clothing to everyone, we do have items to help those who need our support the most. Please speak to your group leader.

Participants undertake a number of water-based activities and we must be prepared for the weather. If used properly, our drying rooms allow the children and young people to dry their kit over 2 to 3 days, which can help reduce the number of items significantly.

We recommend:

Clothing

- 5 warm, thick jumpers/fleeces, sweatshirts
- 8 warm T-shirts
- Ideally 6 pairs of trousers – old, loose fitting or 'stretchy' – e.g. jogging bottoms, trackies (not jeans).
- 10 pr thick socks

We appreciate this is a lot so please talk to your group leader if this is a challenge.

- Trainers (an old pair you're happy to get wet)
- Underwear
- Swimming Costume (Winter *and* Summer!)
- Shorts and sun hat (Summer only)
- Gloves, woolly hat, and scarf (even in Summer)

If you have them:

- Thick tights or long johns in Winter
- Wellington Boots

Other Items

Change of clothes/shoes for the evening and your arrival/departure (No Stiletto Heels, please!)

Cool clothes for Thursday night Disco

Nightwear

2 Towels (medium size)

Toiletries – soap, toothbrush, toothpaste etc. (No aerosols please as they can set off the fire alarms)

Water bottle

Sun cream/sun block, midge net (if you have one) and insect repellent (May – September)

If you have them:

Torch

Disposable camera

Please include names on all the clothing.

Your school/group will provide information about medication.

What Benmore will provide:

Waterproofs

Boots

Rucksacks (when required)

Specialist equipment for fieldwork and activities

(Students possessing their own items of specialist equipment -climbing gear, wetsuit, etc.- are encouraged to bring them.)