

The Kit List for Lagganlia.



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! **Only pack old clothes that you don't mind getting dirty and muddy.**

Essential (Green)	Tick list
<ul style="list-style-type: none"> • Socks: 5 pairs minimum + a mix of thin and thick (NO trainer socks, please) • Underwear • 3-4 long-sleeved warm tops: fleece/hoodie/jumper • 3-4 T-shirts / long sleeve thin tops • 3-4 trousers: joggers or leggings (NO jeans, please) • Casual clothes for wearing in the evening • Indoor footwear/slippers (No open toes, please) • 2 pairs of trainers: 1 for normal use + 1 old pair for wet activities (the older the better!) • Pyjamas • Towel and toiletries (hair bobbles if you have long hair) • Plastic bag for taking home any clothes that are still wet • Lunch box • Water bottle 	

Seasonal /or useful (Amber)	Tick list
Summer <ul style="list-style-type: none"> • Shorts • Swimming shorts/costume • Sun Cream & Insect repellent (midge season is June to September) Winter <ul style="list-style-type: none"> • Vacuum flask • Gloves and hat • Torch • Thermal long-sleeved top and trousers 	

Nice to take if you already have it, but DO NOT buy (Red)	Tick List
<ul style="list-style-type: none"> • Waterproofs • Walking boots • Wellies • Lip salve 	

Lagganlia has wellies, walking boots, waterproofs, hats, gloves, wetsuits and **ALL** the technical outdoor equipment.

Please DO NOT go and buy special kit for your week. WE HAVE IT ALL!

If you are in any doubt, or if you are struggling to collect together the **Essentials**, please contact either the school or Lagganlia to discuss the kit list.