

Thurston Kit List



When getting packed for your visit make sure you do two things!

1. Label ALL your stuff with your name – other people have the same!
2. Bring a bag that's got a bit of extra room – packing at the end of the course folks usually find their stuff takes up more room than before!

Essential items

- 2 pairs of thick hiking socks (not cotton) as well as normal daywear socks.
- 1 pair of old trainers for water activities (they will get wet) they need to tie and have good soles (rather than beach shoes)
- 1 pair of indoor shoes or slippers (not flip flops or sliders – they aren't great on stairs!)
- 1 pair of outdoor shoes
- At least 4 warm jumpers/fleece tops
- 4 T-shirts or long-sleeved tops, thermals in winter – something to cover shoulders (wear back packs is not comfortable in strappy or sleeveless tops so please don't pack those)
- 3 pairs of trousers/joggers/leggings – not jeans, as they aren't suitable for activewear.
- At least 1 pair of gloves or mitts
- A warm hat and a sun hat – we have sunshine in winter and snow in early summer here!
- Nightwear
- Several changes of underwear
- Wash kit and 2 towels
- Torch and spare batteries
- Elastoplast plasters (any medication needs to be given, with a name label to teaching staff)
- Pen, pencil
- Pocket money - £10-15 is plenty (we have a tuck shop and often go for ice cream/hot chocolate as part of some of our adventures)
- Sun block (factor 30 or above), midge repellent
- Swimming costume
- Lunch box or bag
- Plastic drinks bottle (500ml minimum)
- A bin liner for dirty clothes (end of course)
- Since storage space in the dormitories is limited, please bring only essential clothing.

Specialist equipment

We will provide all specialist equipment such as wellies, walking boots, waterproofs. If you have your own, you are welcome to bring them.

What not to bring

Please do not bring aerosol products or items in glass bottles (any medication in glass bottles must be given to teaching staff).

We strongly advise against mobile phones, electronic games and devices being brought. They will not have any insurance against loss damage or breakage whilst at Thurston and students will not have opportunity to use them.