

KIT LIST



We will provide each participant with all specialist activity and safety equipment (a refundable £10 deposit is required on arrival). However, participants are welcome to bring their own kit and use it, providing it meets our safety standards. Participants will need to bring personal clothing and footwear.

CLOTHING

(Please note this is only an idea of what is required, do not buy things specifically)

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- Thick and thin walking socks
- Synthetic trousers for walking (not jeans)
- Jeans (for around the centre only)
- 2 pairs of trainers (one which can get wet)
- Underwear
- Pyjamas
- Shorts
- Hat and gloves
- Towels and swimwear
- Prescribed medication (where necessary)

All courses will involve getting wet at some point, so please make sure your child has plenty of spare, dry clothes to change into.

MONEY

Participants only need to bring a small amount of money, as all our courses are fully inclusive. However, all centres include a shop, which sells confectionery, souvenirs and some items of clothing. So we advise approximately £15 per week, plus the £10 refundable deposit for equipment.

USEFUL ITEMS

Notepad and pen, sun-glasses, sun-cream, blister kit, camera, insect repellent, books and magazines.

WHAT NOT TO BRING

Our advice is to leave valuable watches, jewellery, iPods and stereos behind. However, if participants really can't live without them, access to a safety deposit box is provided at the centre. For those travelling from abroad, please ensure that passports or important travel documents are given to an instructor on arrival to be placed in the safety deposit box. Aerosols and penknives are prohibited.

SAFETY

The safety of our course participants is of paramount importance to us at The Outward Bound Trust. We have been welcoming young people to our centres and accompanying them on adventurous journeys in the wild for over 60 years. As a result, we have accumulated considerable experience in managing all aspects of safety and enjoy an enviable record in this area. We comply fully with all relevant legislation and all of our centres are licensed under the Adventure Activities Licensing Regulations 1996. Detailed risk assessments are available on request.

TRAVELLING TO AND FROM OUR CENTRES

For school groups, travel is arranged through the group leader.

For individuals, we offer all participants a free pick-up service from the train station nearest the centres. Included in your course package is a free coach transfer service is available from Birmingham International Train Station to our centre in Aberdovey and from Glasgow International Airport and Glasgow Buchanan Bus Station to our centre at Loch Eil.

Please call **01931 740000** for full details or visit our website **outwardbound.org.uk**. You will also find directions to our centres plus other travel information.

CONTACTING COURSE PARTICIPANTS

If you wish to contact a participant during their course, our advice is that you do this by mail and not by telephone (unless in an emergency), as centre life is extremely busy and they will more than likely be engaged in activities. When sending a letter, please be sure to mark the envelope with their name and name of school, or course (for individuals).

+ A FANTASTIC ADVENTURE. OUR YOUNG PEOPLE WENT ON A REAL JOURNEY AND WE'VE SEEN A MIRACULOUS CHANGE IN THEM. YOUR INSTRUCTORS ARE AN ASSET TO YOUR ORGANISATION AND BUILT A REAL RAPPORT WITH THE GROUP. THE ACTIVITIES PUSHED OUR STUDENTS TO THE LIMIT AND THEY ALL WENT HOME BUZZING. +

**JO DUNN, GROUP LEADER,
HIGHTOWN YOUTH CENTRE**

CENTRE CONTACT DETAILS

Address:

The Outward Bound Trust, Ullswater Centre
Watermillock, Penrith, Cumbria CA11 0JL

Tel: 01768 485000
Fax: 01768 485039
Emergency: 01768 485001

Address:

The Outward Bound Trust, Howtown Centre
Howtown, Penrith, Cumbria CA10 2ND

Tel: 01768 485000
Fax: 01768 485039
Emergency: 01768 485001

Address:

The Outward Bound Trust
Aberdovey Centre,
Aberdovey, Gwynedd, Snowdonia LL35 0RA

Tel: 01654 767464
Fax: 01654 767835
Emergency: 01654 767464

Address:

The Outward Bound Trust, Loch Eil Centre,
Achdaluie, nr. Fort William,
Inverness-shire, Scotland PH33 7NN

Tel: 01397 772866
Fax: 01397 773905
Emergency: 01397 772866