

KIT LIST

The weather in the Lake District is variable and quite a number of our activities involve getting wet. Kepplewray has a drying room but you might need two changes of clothes on the same day, so come prepared.

Please make sure that all your clothes have your name in them, as this can save confusion at the end of your stay.

Things you need...

- Slippers/indoor shoes
- 2 pairs of outdoor shoes (one to be used in water and one for general outdoor use)
- A complete change of clothes for every day (taking the season into account and an additional change of clothing for every water based activity)
- Walking Boots – ideal but not essential
- Pyjamas
- Underwear
- Socks
- Warm tops and jumpers
- Trousers for activities- jogging bottoms/leggings are best - **NOT JEANS!**
- Jeans are OK for around the house in the evening
- Swimming Costume / Shorts
- Shorts for wearing over wetsuits
- Gloves and Hat (Sun Hat for Summer bookings)
- Towel x 2
- Toiletries and Medication (e.g. inhalers)
- Sun Cream
- Cuddly Toy (if needed)

Bring if you have it...

- Sandwich Box
- Drink Bottle
- Rucksack
- Torch
- Waterproof Trousers and Coat
- Sleeping Bag (if camping)
- Wetsuit

Please Note...

Kepplewray will supply any specialist items of clothing or equipment needed for activities so don't buy anything specially.

Please do not bring expensive electronic gadgets such as mobile phones, tablet computers etc. There is limited mobile phone coverage at Kepplewray and The Kepplewray Trust does not take responsibility for the safekeeping of any such items.