

ROCK UK- SUMMIT CENTRE

WHAT TO PACK

RESIDENTIAL

You will need to bring with you enough clothes for the duration of your stay. Make sure you pack a couple of extra-long sleeve tops and a trousers in case some get wet. You don't need to bring a sleeping bag or pillow as we will provide your bedding.

- Indoor shoes or slippers
- Pyjamas
- Wash bag – (soap, shampoo, toothpaste and brush)
- Towels (1 or 2)
- Pocket money for rock shop and ice cream
- Drinks bottle (not glass)
- Warm jacket
- Warm hat and gloves (all year)
- Sun hat – sun cream (spring + summer)
- Rucksack

Make sure you pack any medication you need for the week and let your leader know what you have and when you need it.

ACTIVITIES

If you are doing activities with us during your stay please make sure you bring suitable clothing as listed below. We will provide you with wellies (you can bring your own if you have them) waterproof top and water proof bottoms to keep most of the mud and wet out but make sure you have plenty of warm clothes to go underneath. You can never bring enough hoodies!

Land Activities

- Trainers that can get muddy
- Trousers (not jeans) 1 or 2 pairs
- Long sleeve tops (lots)
- Warm jacket or coat

Wet Activities

(inc Caving + off site)

- Old trainers or water shoes
- A non-cotton top or t-shirt
- jogging bottoms - leggings

