

PERSONAL KIT LIST

During your stay, all technical equipment will be supplied along with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleeces will also be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost every day! You therefore need 4 to 5 complete sets of outdoor clothing at the very least. You will also need everyday clothes for wear around the centre.

CHECK YOUR LABELS!

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyesters and other synthetics) and others are poor (e.g. cotton). Therefore, jeans, cotton t-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should all be avoided for use on activities, particularly in the winter months. Fleece or woollen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear, so it best to avoid newer clothing. They should be comfortable, warm and durable.

Personal Clothing

Plenty of underwear

5 light tops (T-, football or other casual)

5 heavier tops (fleece, jumpers, sweatshirts)

5 pairs of tracksuit bottoms, trousers,
leggings etc

5 thick picks of socks (for boots and wellies)

1 pair of gloves

1 woolly hat

1 pair of old trainers

Miscellaneous items

2 towels: 1 bath, 1 hand towel

Wash kit

Pyjamas

Sunscreen (at least factor 20)

Lip screen

2 heavy duty bin liners

Torch with spare batteries

Disposable camera (optional)

Please do not bring:

MOBILE PHONES: these cause problems for the centre as they are easily lost or broken, are a distraction from the main aims of the course and, at worst, can tend to exacerbate situations if used irresponsibly.

AEROSOLS: these can aggravate those with conditions such as asthma. They also trigger fire detectors when used in the rooms. We ask that you use alternatives during this week.

ELECTRICAL/ELECTRONIC ITEMS: such as personal music players, electronic games etc, as they are not conducive to creating the right kind of atmosphere for your course.

GET THE MOST OUT OF YOUR COURSE:

The emphasis at Plas Penelli is on developing communication and social skills using a variety of challenging situations and adventure activities. It means that there is very little free time available. Your stay is a real chance to discover the real you and learn new ways of working with other people.