

## Kit List for Visiting Groups

To ensure you get the most out of your time with Field Studies Council, you'll spend as much of it as possible learning outdoors in the beautiful landscapes surrounding our unique locations.

Come prepared for every weather eventuality, whatever the season! Most centres can lend you outdoor clothing such as wellingtons, walking boots, waterproof trousers and waterproof coats, subject to limited availability free of Charge\*. Bed linen is provided and towels for group leaders/staff.

### Recommended packing list:

#### Clothing

- Waterproof Clothing (coat and trousers\*)
- Warm jumpers and trousers – go for layers (not jeans which become cold when wet)
- Change of clothes for the evenings
- Gloves, hat and scarf
- Thick socks
- Sun hat and sunglasses
- Pyjamas

#### Footwear

- Outdoor shoes (walking boots and wellingtons\*)
- Indoor shoes or trainers

#### Other Essentials

- Small rucksack – for use during the day, suitable for your lunch and spare clothing.
- Towel
- Wash kit & toiletries
- Stationery for your course – eg pens, pencils, notebook, calculator
- Clipboard if you have one
- Personal medicines (e.g. paracetamol, asthma inhalers, hayfever tablets etc.)
- Torch
- Insect repellent
- Sun cream

#### Food and drink

- Lunchbox or other containers for packed lunches
- Drinks bottle and/or thermos flask

You may be notified of other items specific to your course or location. Please do not hesitate to ask if you have any queries about what you might need to bring.

*FSC is committed to being as sustainable and environmentally friendly as possible.*

*We're working hard to significantly reduce single use plastics, general and chemical waste. We greatly appreciate your help in this mission and ask that you pack with the environment in mind.*