



Outdoor Education
& Training Centre
Kilfinane

School & Youth Residential courses 'What to bring'

GENERAL

- SLEEPING BAG & nightwear
- Towels x 2 & toiletries
- Water bottle & torch
- Small backpack to carry gear for daily activities
- Plastic bags x 2 for wet/ dirty clothes
- Medications / suncream



CLOTHING & FOOTWEAR

- Tracksuits/ leggings & underwear (No jeans or denims on activities)
- T-shirts, shorts and long sleeve tops (clothes that cover waist area are needed for climbing harnesses)
- Runners/ boots x 2 + old pair of runners to wear in the water (not sliders or crocs)
- Socks - 2 pairs for each day. (2 x long, thick pairs to protect ankles and heels inside boots!)
- Rainjacket & rain leggings
- Hat/ gloves
- Swimwear or shorts to wear under wetsuits
- Extra clothes for length of stay

