



Recommended Kit List

The following list of kit/clothing is what we recommend each young person brings with them on a residential stay to one of our Xplore centres:

- At least 3 pairs of jeans/trousers or tracksuit bottoms
- Swimming kit (if swimming or doing water sports)
- Shorts
- Tee shirts
- Warm jumper
- Sufficient underwear
- At least 2 sets of footwear (including a pair of trainers suitable for getting wet and/or muddy as a pair must be worn for river activities)
- Coat or jacket
- Wash bag
- A minimum of 1 towel
- Torch
- Any personal clothing/footwear that is specific to the programme you are doing

Additional items for sports tours:

- Rugby/football Boots
- Training/playing equipment i.e. hockey stick
- Water bottle
- Mouth guard
- Shin guards
- Sports kit

Remember, the young person will be on an outdoor activity residential and therefore the clothing should reflect this, being tough and easily washed rather than expensive. The items that go in to the young person's bag should be reflective of the time of year and weather.

Please note that Xplore will provide all activity equipment and therefore we recommend that the young people refrain from bringing any of their own unless we clearly say otherwise.

Mobile Phones/Electronic Games/Other Valuables

Xplore strongly recommend the young people leave at home anything that is not essential for the trip and/or anything of particular personal or monetary value. Xplore is not responsible for items that may get broken or go missing whilst at one of their centres. For the safety and enjoyment of everyone involved, mobile phones, video games or anything that may be of distraction will not be allowed on activities or in classes.