

A Guide For What to Bring

This week is "time out": a break from ordinary life. There will be no television and few chances to reach a telephone or a shop, but you will have fun and time to relax and enjoy the freedom that it creates. Bring a camera, but leave the personal stereo behind. Bear in mind the effect talking or texting on a mobile phone can have on the atmosphere and if you feel you need to bring one please be prepared to use it very discreetly.

When you pack, keep to the minimum as you will need to be easily mobile. A holdall or rucksack might be more practical than a rigid suitcase but you will not be asked to carry heavy bags. Please bring mostly old clothes which could get grimy (though you may want one set of smart casual clothes for a visit to the pub or for dinner on the last evening). The following list should include all you need whatever time of year you come.

- 2 or 3 long sleeved shirts
- 2 or 3 T shirts/vests
- 3 pairs old trousers or tracksuit trousers
- Shorts (if you think the weather prospects are good enough!) Socks and underwear for 6 days
- 2 or 3 Jerseys or fleeces of various thickness
- Woolly hat, gloves, scarf, sun hat (even if they seem unnecessary) Wellingtons (if you have them)
- 2 or 3 pairs training shoes or plimsolls; one pair which can get mucky (substitute walking boots for one pair if you have them, but boots are not essential)
- Waterproof jacket and trousers (we will provide these unless you prefer your own)
- Small 'Day' rucksack (we will provide one if you don't have your own)
- Night attire
- Towel
- Swimming costume (this is optional but there may be an opportunity to swim on some courses)
- Toiletries, medication, etc. (stick to essentials, there won't always be power for hairdryers and shavers)
- Small thermos for lunchtime drinks
- Torch and spare batteries
- Pen and pencil
- Reading matter

You will want to bring some spending money; although there is no need to spend money at all, people often want to buy souvenir sweatshirts, drinks etc.