

## Gold Residential Kit List

### CLOTHING

Got it	Packed it	Item Needed
		<b>1 pair of laced trainers</b> (that you don't mind getting wet)
		<b>1 pair of robust / grippy walking shoes / trainers</b> (for non-water activities)
		<b>5 pairs of warm socks</b>
		<b>5 t-shirts / base layers</b>
		<b>2 warm fleece mid layers</b>
		<b>2 pairs hiking trousers / tracksuit bottoms for activity days</b> (NOT jeans)
		<b>Swimwear</b>
		<b>Old pair of shorts</b> (to wear over our wetsuit)
		<b>Underwear for the 5 days</b>
		<b>Nightwear</b>
		<b>Indoor footwear</b> (slippers or clean trainers)
		<b>Casual clothes for the evening</b> (jeans, t-shirts, hoodies etc)
		<b>Warm hat &amp; / or Sunhat</b> (as appropriate)
		<b>1 pair gloves</b> (as appropriate)
		<b>Waterproof Jacket</b> (recommended but we can provide if you don't have one)
		<b>Waterproof Trousers</b> (recommended but we can provide if you don't have one)
		<b>Winter gloves, hat, winter jacket (winter residential)</b>
		<b>Ski goggles (winter residential)</b>
		<b>4 season sleeping bag (winter mountain residential only)</b>

### PERSONAL KIT

Got it	Packed it	Item Needed
		<b>Water bottle/s</b> (enough for 2 litres of water)
		<b>Toiletries / personal hygiene items / personal medication</b>
		<b>Towel</b> (2 would be ideal, one for activities and one for showering).
		<b>Books / entertainment for evening</b>
		<b>Food for the week</b> (or money to buy food from the Coop)
		<b>Small day rucksack 15 to 20 litres</b> (to carry essential items, layers, lunch etc)
		<b>Sunblock</b>
		<b>Midge repellent</b> (if appropriate for the time of year)
		<b>Midge Head Net</b> (if appropriate for the time of year)



THE DUKE OF  
EDINBURGH'S AWARD