

Kit list for adult courses

For your course at Lledr Hall please bring the following:

Personal equipment:

- Sleeping bag or duvet and sheet.
- Pillowcase.
- Slippers or indoor shoes.
- Outdoor footwear.
- Set of clothes you don't mind getting wet or dirty. Preferably not denim or other heavy material.
- Comfortable clothes for evening.
- Towel and toiletries.
- Thick socks or couple of pairs for wearing inside walking boots. Preferably not trainer socks.
- Hat and gloves.
- Warm jumper or fleece.
- Midge spray & sun cream.
- You may wish to bring a torch and your camera.

Personal medication:

Please bring any personal medication you may need with you.

Lledr Hall will provide:

- Waterproof jacket.
- Waterproof trousers.
- Rucksack.
- Walking boots.
- Fleece jumpers.
- All technical activity equipment.

Please bring all your personal equipment in a soft hold-all.