

Kit List for Visiting Groups

To ensure you get the most out of your time with Field Studies Council, you'll spend as much of it as possible learning outdoors in the beautiful landscapes surrounding our unique locations. Come prepared for every weather eventuality, whatever the season! Bed linen is provided for the children and towels will also be provided for group leaders/staff.

Recommended packing list:

Luggage - medium case/bag measuring max. H: 65cm x W: 47cm x D: 30cm.

Clothing – **LABEL EVERYTHING**

- Waterproof clothing (jacket with hood and trousers)
- Warm jumpers, hoodies, fleeces - go for layers
- Warm trousers such as tracksuit bottoms/ leggings - old clothes preferable (Jeans are not good as they become cold when wet and avoid shorts as the children will be sitting on the ground or walking past bushes)
- T-shirts – no strappy tops
- Change of clothes for the evenings
- Gloves, hat and scarf
- Thick socks
- Underwear (including spares)
- Sun hat and sunglasses
- Pyjamas

FSC is committed to being as sustainable and environmentally friendly as possible.

We're working hard to significantly reduce single use plastics, general and chemical waste. We greatly appreciate your help in this mission and ask that you pack with the environment in mind.

Footwear - **LABEL EVERYTHING**

- Outdoor shoes ie: walking boots or comfortable trainers (these will get dirty)
- Wellingtons with named clothes peg and carrier bag (to keep them in)
- Indoor shoes or trainers

Other Essentials

- Small rucksack – for use during the day, suitable for your lunch and spare clothing.
- Towel for showering
- Wash kit & toiletries, toothbrush, toothpaste, hairbrush/bands, shower gel (no aerosols as these can set off the fire alarm)
- Stationery - pens, pencils, ruler, notebook (also reading book or puzzle book)- Clipboard if you have one
- Personal medicines e.g. asthma inhalers/EpiPens to be handed to teachers on departure – Please complete an administer medicine form and hand in on the day.
- Torch (to use in bedroom if needed in night – no head torch)
- Small cuddly toy (optional)
- Sun lotion and insect repellent. Ensure your child knows how to use these
- Bags for dirty and wet washing

Food and drink

- Lunchbox (labelled) or other containers for packed lunches – **YOU WILL NEED A PACKED LUNCH ON YOUR DEPARTURE DAY**
- Drinks bottle labelled (not glass)
- DO NOT bring any sweets, chewing gum or fizzy drinks.

NO CAMERAS, PHONES, IPADS, ELECTRICAL EQUIPMENT INCLUDING HAIR DRYERS, STRAIGHTENERS ETC.