



## Suggested Clothing and Personal Items

This is what we recommend you bring for a 5 day course. Please bear in mind that a Lagganlia Experience can (and probably will!) be a wet and muddy one at times. Don't pack your best, smartest and newest gear!

- ☺ At least three warm 'tops' (fleeeces or woollen jumpers) . . . . .
- ☺ At least three pairs of loose fitting warm trousers (track suit or jogging bottoms but not jeans).....
- ☺ Casual clothing for evening use . . . . .
- ☺ Underwear . . . . .
- ☺ Shorts (summer) . . . . .
- ☺ Socks (at least 3 thick pairs) . . . . .
- ☺ Training shoes (2 pairs, the grubbier the better) . . . . .
- ☺ Slippers or something to wear inside the Centre . . . . .
- ☺ Gloves & hat . . . . .
- (we provide these but another set is always useful)
- ☺ Pair of wellies (not essential).....
- ☺ Pyjamas . . . . .
- ☺ Swimming costume . . . . .
- ☺ **Vacuum flask and a container for juice (essential) ..** . . . . .
- ☺ **Lunch Box to fit in rucksack (essential)**.....
- ☺ Soap, towel, toothbrush . . . . .
- ☺ Personal first aid kit . . . . .
- (plasters and any personal medication etc.)
- ☺ Sun Cream & Insect repellent . . . . .
- (available at the Centre shop)
- ☺ Plastic bag for taking home any clothes that are still wet.....
- ☺ Torch (so that we can do night orienteering).....

In the ski season life becomes more complicated. All of the above should still be packed because there is always a possibility that it is impossible to ski and an alternative programme will need to be followed. The following additional items should be packed:

- ☺ Salopettes or ski pants . . . . .
- (or very warm trousers, no need to go to great expense)
- ☺ Warm anorak or ski jacket.....
- ☺ Long thermal underwear . . . . .
- (or extra pyjamas that could be worn instead)
- ☺ Ski goggles and lip salve (both are available from the shop). . . . .
- ☺ Sun cream.....

We advise those embarking upon a course at Lagganlia to try to provide as many personal items from the above lists as possible. All technical outdoor clothing and equipment is provided by the Centre.