

Kit List for Visiting Groups

Field Studies Council 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.

To ensure you get the most out of your time with us, 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!

For all visits (day or residential) you will need:

- **Suitable clothing:** sensible top, jumper and trousers (preferably not jeans as they get cold when wet).
- **Sensible footwear:** sturdy trainers or walking boots / wellington boots if you have them*
- **Waterproof coat** (and trousers if you have them)*
- **Small rucksack** to carry your lunch, drink, personal items and spare clothing*
- **Stationery** for your course e.g. pens, pencils, notebook, a calculator and a clipboard if you have one
- **Personal medicines** e.g. paracetamol, asthma inhalers, hayfever tablets etc.

*Most centres can lend you outdoor clothing such as wellingtons, walking boots, waterproof trousers and waterproof coats, subject to limited availability.

Depending on the weather / season you will need:

- Extra tops: bring layers so you can wear more or less as you need
- Gloves, hat and scarf
- Thick socks
- Sun cream, sun hat and sunglasses

Remember conditions can change so check the weather forecast and if unsure, bring it just in case!

For day visits:

- Lunch and snacks (unless you are told not to bring them)
- Plenty to drink (cold and/or hot drink)

For overnight / residential stays:

- Several changes of clothes
- Indoor shoes or trainers
- Torch
- Pyjamas
- Towel
- Reusable lunchbox for packed lunches
- Drinks bottle and/or thermos flask
- Wash kit & toiletries

Bed linen is provided. Towels are provided for group leaders/staff only.

You may be notified of other items specific to your course or location. Please do not hesitate to ask if you have any queries about what you might need to bring.