

Personal Clothing & Kit List

Here is a checklist of items to bring with you. Look at the [weather forecast](#) just before you come as this will help you decide how much warm clothing or suntan lotion you need to bring.

Derwent Hill will provide waterproofs, walking boots, wellies and a rucksack, but you can bring these if you have them. Specialist equipment for activities is also provided.

Write your name in your clothes, you will have more chance of bringing everything home. Don't buy anything new - old clothes are best.

We recommend that you don't bring high value items with you e.g. tablet computers, expensive cameras.

Items to bring	Tick when packed
Any medicines etc that you need (e.g. asthma inhalers)	☐
Warm coat or waterproof jacket	☐
3 fleeces or thick jumpers; knitted jumpers are better than sweatshirts.	☐
3 pairs of tracksuit bottoms (not jeans) for activities, plus 1 old pair for gorge walking	☐
In winter, extra warm clothes including warm leg wear (e.g. ski trousers or leggings, long johns)	☐
3 pairs thick warm socks (wool) for wearing with boots	☐
2 sweatshirts / long sleeved shirts (a high neck is good in winter)	☐
Changes of clothes for evenings	☐
Night clothes, wash kit, towel	☐
T shirts (in summer a long sleeved shirt will help to prevent sunburn)	☐
Underwear, ordinary socks	☐
Shorts and swimming costume in spring and summer	☐
1 pair of old trainers for water sports	☐
1 pair of trainers for activities	☐
1 pair of indoor shoes or slippers	☐
Wool / fleece hat or balaclava (even in summer)	☐
Gloves or mitts (even in summer)	☐
Drinks bottle / flask, sandwich box	☐
Sun cream (factor 25), lip salve, sunglasses (Start of April to end of September)	☐
Peaked hat / wide brimmed hat (Start of April to end of September)	☐
Torch	☐
Pens, pencils, money, stamps etc	☐
Carrier bags / bin bags – to pack dirty or wet clothing and shoes	☐
Camera if you have one	☐
Pocket money if you want to buy refreshments/souvenirs	☐