

**CRS ADVENTURES**  
**RESIDENTIAL PACKING LIST**  
 (Based on 4 nights/ 5 days)



<b>ESSENTIAL CLOTHING</b>	<b>My Check List</b>
3 x Pairs of Tracksuit Trousers/ Leggings * <b>(NO JEANS)</b>	
3 x Short Sleeve T-Shirts *	
3 x Long Sleeve T-Shirts/ Shirts *	
3 x Sweatshirts/ Pullovers *	
2 x Pairs of swimming trunks/ Costumes	
Underwear	
Socks (lots of them)	
Pyjamas/ Night clothes	
Slippers/ Indoor shoes (For indoor use only)	
2 x Pairs of Trainers (1 pair for wet use)	
Wellington Boots	
<b>OTHER ESSENTIAL ITEMS</b>	
2 x Large Towels	
Wash Kit (Roll on deodorant only – <b>NO aerosols</b> )	
Torch plus spare batteries (Very important Mar, Apr, May, Sep & Oct)	
Unbreakable water bottle (Very important)	
Small Rucksack for day use	
Black bin bags (For wet/ dirty clothing)	
Waterproofs – Jacket and Trousers (Very important)	
Hat, Sun cream, Insect repellent (Very important in summer)	
Woolly hat, gloves, scarf, thermal underwear (Winter)	
Face Mask	

**\*Activity Clothing Notes:**

**All items of clothing should be marked with your NAME**

The clothing needs to be hard wearing and, depending on the time of year, should include a fleece/warm jacket. This list is the minimum recommended requirements, the weather can be very unpredictable and should we have a very wet week, then it may be necessary to have more changes of clothing. Some, if not all, of this clothing will get very dirty – old clothing is by far the best option.

**Shoes for activity use should be a sturdy closed shoe that can be fastened (NO sandals, flip flops or Crocs)**

**NO ELECTRICAL ITEMS OR ELECTRONIC DEVICES PLEASE**

It is advisable to have an extra set of clothing that is not used for activities in order to have something clean to put on in the evenings and to travel home in.

All specialist equipment, e.g. helmets, climbing harnesses etc. will be provided by the centre.