

## BUCKDEN HOUSE O.E.C. KIT AND CLOTHING LIST, RESIDENTIAL

Please send your child to Buckden as prepared as possible for activities. The Group Leader will specify what is needed in advance.

- **We supply**

1. Waterproofs if required by the weather and activity
2. Boots and wellingtons if required – although a student's own may fit better
3. Warm fleece tops if required ( a student has no access to suitable warm clothes)
4. All specialized safety equipment such as helmets and harnesses, plus all caving clothes
5. All bedding
6. **It is not normally necessary for students to buy any extra kit for a stay at Buckden**

- **Kit List ... What to Bring**

1. A packed lunch for the first day only
2. A set of clothes for every day stayed, PLUS one extra, PLUS one smarter set
3. Towel and wash kit
4. Woolly hat and gloves, sun – hat in the summer
5. Two warm tops
6. Slippers, or shoes only for indoors use
7. Comfortable shoes, boots, or trainers with a good grip on the sole for outdoors use (if available)
8. Swimming costume, for raft building or to wear under caving gear
9. Wellington boots, for raft building or caving (if available)
10. Watch
11. Any medication required
12. Good book
13. Money - four pound coins is recommended, as being harder to lose than a note
14. Washing-up gloves (for caving or other mucky activities)

- **Kit List ... What NOT to Bring**

1. Mobile phone – there is no coverage in this area
2. Swiss army knives or other such sharp implements
3. Plug in electrical appliances – a fire risk if unsupervised in bedrooms
4. Aerosols such as hairspray or deodorant – they can set off smoke detectors. Roll-on and gels please.

- **Kit List ... Thoughts and Suggestions**

- Old comfortable clothes are suitable for most activities at Buckden.
- Even in summer, always pack long sleeved tops and long trousers for everyday wear
- Training pants, tracksuit bottoms or 'combats ' are more practical than jeans – these are bad if wet
- Wool jumpers and fleece tops are the best warm tops. Thick duvet - type jackets are good for standing around, but too warm for actually walking in most of the time.
- We encourage visitors to bring their own comfortable outdoors footwear, be it boots or trainers with a good grip. We are happy to provide boots of all sizes for young people, but footwear that people are used to gives fewer blisters and more enjoyment.
- At the end of every residential visit to Buckden House, there is always a big pile of lost property. Help us reduce this! Label all your child's belongings, and *make sure they know what you have packed for them – if they don't know that they've brought it, they certainly won't think to bring it back!*
- Insect repellent and sunscreen are useful from May to September, but less effective than long sleeves and trousers. Do not send your child away with only shorts and T- shirts, even in the hottest summer.

- If your child has medication, make sure there is enough, or that there are spares.
- Disposable cameras are very convenient.