



An **OnSide** Youth Zone

## **Carlisle Youth Zone**

Victoria Place, Carlisle, CA1 1LR

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### **Brathay Residential Kit List (Friday 31<sup>st</sup> January – Sunday 1<sup>st</sup> February)**

- Old trainers you don't mind getting wet / muddy
- Another pair of trainers for dry activities and inside
- Long trousers – tracksuit, fleece and poly-cotton are good. Jeans are not the best for the kind of activities we will be doing.
- Warm long-sleeved tops – fleece is best, or wool, acrylic or poly-cotton
- Plenty of T-shirts
- Two pairs of warm thick walking socks
- Hat and gloves
- Plenty of Socks and Underwear
- Walking boots (with ankle support and good tread)\*
- Waterproof jacket\*
- Waterproof trousers\*
- Torch / headtorch – with spare batteries\*
- Refillable bottle for drinking water (not glass)
- Wash kit
- Towel
- Pyjamas
- Slippers or comfy chill shoes
- Any medication you need

***You need to have a few changes of warm clothing, enough to change every day.***

***Bring clothes that you do not mind getting wet and muddy.***

***Brathay can help supply items marked with a \****