

# Kit List for Groups

**For those participating in YHA Edale Activity Centre activity programmes, all specialist clothing and equipment is provided by the centre.**

**As a guide, all group members should bring the following:**

Warm hat and gloves  
Several old shirts or T-shirts  
2 or 3 pairs of old trousers, possibly old tracksuit, not jeans  
2 or 3 jumpers or warm tops, 2 thin ones are better than one thick one  
A Warm and Waterproof coat with hood and waterproof trousers. The centre has some waterproofs but generally participants feel more comfortable in their own.  
1 pair of old trainers for use on wet / muddy activities  
1 pair of walking boots and/or wellingtons; the centre can provide these if needed  
1 pair of shoes/trainers for use in the centre  
Several pairs of socks, including 1 thick pair if you have them  
Several changes of underwear  
Pyjamas  
1 slightly smarter set of clothes for meals and wearing in the centre  
Wash kit and towel  
Suncream & insect repellent  
1 water bottle  
Torch & spare battery; very important for anyone participating in evening outdoor activities

A bag for separating clean and dirty clothing is a good idea. Group leaders should be aware of the danger of suffocation when using plastic bags; an old pillowcase is probably better for younger groups.

Please note that there is a strong possibility that participants will get wet and muddy during their stay, new and expensive items of clothing are best left at home.

All medication should be handed into the group leader with a note stating what it is, what it is for and the method and frequency of use. Medication should not be left in the bunkrooms or around the centre.

All valuables should be kept on your person or handed in at reception. Participants should be encouraged not to bring valuables with them and to keep pocket money to a reasonable level, in small denominations if possible.

## **Group Leaders**

We have first aid kits at the centre and instructors on activities also carry first aid kits. It is however still recommended that you have a first aid kit with you that reflects basic requirements plus any special needs of your group. All medication for group members should be kept and controlled by you in a separate and preferably lockable box with a list of whose medicine is whose and when they should take it. All activity programme participants should complete a medical consent form and the centre should be notified of all medical conditions that we need to be aware of.