

Eaton Vale Scout and Guide Activity Centre

What kit do you need for your residential stay and outdoor activity experience?

The clothes you bring can make a big difference to your comfort and your enjoyment of the whole experience. It is not fun taking part in abseiling or archery if you are cold or wet because you have not brought a coat.

So what do I need to bring?

How long will you be away from home for? You will need socks and underwear for each day. When you are inside slippers or soft trainers are good as the floors are carpeted or polished and outdoor shoes are not worn inside.

You will need tee shirts and trousers, a warm top or fleece and a coat, how many Tee shirts depends on how long you will be away for. You need to have a look at the weather forecast a day or two before your visit to see what the weather is likely to be and remember the season as well, May and June are not normally the same as October and November. Shorts may be good in June but not so fun in October. Put all that together and you will arrive at a good list of clothes. Remember that you can always take a top off if you are too warm.

What about the activities, what clothes do I need for them?

Mostly your normal clothes are fine. If you have walking boots that's ok but you do not need them. Old trainers are great if it's dry and wellie boots are good if it's wet. If the sun shines your tee shirt will do but if it is cold or it rains then you will need your warm top and maybe your coat as well.

Are all the activities outside? Yes most of them are.

Do we stop activities and come inside if it rains? Not normally no. Unless the weather gets as bad as a tropical rainstorm or as windy as a hurricane the activities continue. Generally the weather in Norfolk is pretty moderate and a little rain is followed by a dry period. A warm top and coat will see you through.

All that is fine until you bring on the water based activities.

You may be going kayaking, canoeing or rafting, you may even be doing all three. You will need a top like a sports shirt, tee shirts may be fine in the sun but long sleeved shirt, fleece or jumper will be better in the cold. Remember – have a look at the weather forecast.

Shorts always work well in the wet, you may prefer something like track trousers but do not wear jeans. They get very heavy if they get wet and they will make you cold by conducting heat away from your body. You will also need some old trainers for your feet. If you have done water sports before you may have special shoes or footwear and these will be even better. You must have something for your feet but not your newest and best trainers.

So after all that what do you need.

Generally	For the activities	On the water
Tee shirts or sports shirts Socks and underwear Trousers but not jeans! Indoor soft shoes or slippers Outdoor boots or trainers	Normal clothes Warm top Outdoor coat Special gear like a wetsuit or climbing shoes? If you have them great but no problem if you don't.	Shorts Shirt or fleece Old trainers
You will need a wash kit and a towel, sleeping bag, and pillow, and your pyjamas,		
Please don't bring your newest and best clothes and trainers. Old worn and comfortable is best		
Money, there is a shop (INKY'S) on site to spend money and we suggest you don't need much. £5 to £10 is plenty.		

What don't you need?

Please do not bring anything of value; you will not need to glam up with your best jewellery. Don't bring your Game Boy or your DS lite you will not have time to use them.

Don't bring your MP3, you will not be allowed to use it while you are on the activities as this could be unsafe and it is disrespectful to the instructors if you are listening to music rather than being focused on the activities. The same goes for a mobile phone. You don't need it and your teachers or leaders will know what to do if there is a problem. If you use a mobile while on the activities the instructors will stop and ask you to leave the activity as we consider this to be unsafe and very rude.

Borderline gear would be a camera and if you do bring one you must look after it yourself. Generally your teachers or leaders will be taking lots of pictures anyway.

Lost Property

We will help you find lost coats, towels or personal kit like that but if you lose or damage expensive equipment that we have asked you not to bring you will have to be responsible for that yourself.