

KIT LIST FOR DARTMOOR TRIPS

The following equipment will be needed during the weekend. Many of these items may be borrowed from the school - see Mr Dukes or Mr Salmon in advance. Communal equipment and rations will be provided.

As Dartmoor is set much higher than the surrounding land the weather can be very hostile - it has the highest precipitation rate in England. At any time of year it can be very cold out of doors. **It is important, therefore, that the proper clothing be worn.**

Particular note should be taken to the need for good footwear other than trainers; the ability of woollen clothing to retain body heat when wet; the need for trousers other than jeans - which retain **NO** body heat when wet; and the preference for a number of thin layers - which are warmer and more controllable than one thick layer.

Any specialist gear will be provided, but it would be advantageous to bring your own if you have it. For the white water rafting students will be supplied with wet suits, however, they may wish to bring their own.

The following is required:

- Strong boots or shoes for walking. Wellington boots will do.
- Trainers or plimsolls. (2 pairs are advised)
- Trousers (not jeans, e.g. tracksuit) 2 pairs at least.
- Woollen sweaters, sweatshirts, pile tops. Warm and plenty.
- Fully waterproof jacket (plus waterproof trousers if possible).
- Warm hat, scarfs, and gloves.
- Underwear needed. Thermals if possible. Plenty of everything.
- Warm shirts, T-shirts.
- Sleeping bag. Roll mat, therma-rest, or inflatable mattress.
- Small rucksack if you have one. Large bag for packing gear and transporting.
- Towel. Toilet requisites.
- Torch (with spare bulb and batteries).
- DRYING UP CLOTH. PLENTY OF PLASTIC BAGS (various sizes). BIN LINERS.
- Plate, mug, bowl, knife, fork, spoon, water bottle. All unbreakable.
- Thermos flask for warm drinks would be good.

OPTIONAL - Camera, books, games, **chocolate for teachers.**

MAKE SURE YOU HAVE ENOUGH WARM CLOTHING - THE BEST WAY TO KEEP WARM IS NOT TO GET COLD.