

Heatree Activity Centre Kit List

Heatree's location on Dartmoor means that the weather can be unpredictable and change quickly, you can often have several seasons in one day!

We recommend you bring the following:

Clothing

- At least two changes of clothing for outdoor wear– i.e. long-sleeved tops, sweatshirts, trousers to wear under waterproof clothing. Please note leggings are not warm enough and should be worn under other trousers. Socks need to be long enough to overlap the bottom of trousers. Trainer socks do not provide enough protection from cold or ticks if it turns warm. Body armour used for sport is a really effective way to stay warm when used under other layers.
- Waterproof jacket and trousers (the latter are useful if you have them).
- Several warm tops e.g. fleece, jumper or sweater
- Clothing for when not on activity sessions – basically the same as the first bullet point but less layers. Items that are clean and dry can be used for indoors and outdoors.
- Hat, gloves, scarf and sun hat - depending on the season!

Footwear

- An old pair of trainers for taking part in wet or muddy activities
- A second pair of trainers or walking shoes
- Wellington boots - these can be provided but sizes and availability are not guaranteed (if they have walking boots and old trainers I don't think these will be necessary)
- Slippers or other indoor shoes - no sliders
- Water/beach shoes are **NOT** appropriate for outdoor activities

Bedding

- A single duvet cover (pillows with cases, single duvets without covers and bedsheets are provided)

Other

- Lunch box and drinks bottle - named
- Towel and toiletries
- Medication e.g. asthma inhaler, epi-pens, insulin - to be given in clearly labelled containers to school staff
- Sun cream and insect repellent - spring/summer season only
- Small rucksack
- Vaseline or lip salve, clearly labelled

Please do not bring non-essential valuables.