



What shall I bring to Benmore?

Whatever the weather, a lot of time will be spent away from the Centre on the hills, lochs, and rivers, at different times of year, in different weathers – so plenty of warm, old clothing is absolutely essential. We recommend:

Clothing

- 5 warm, thick jumpers/fleeces, sweatshirts
- 8 warm T-shirts
- 6 pr trousers – old, loose fitting or ‘stretchy’ – e.g. jogging bottoms, trackies (not jeans)
- 10 pr thick socks
- Trainers (an old pair you’re happy to get wet)
- Wellington Boots (if you have any)
- Underwear
- Swimming Costume (Winter *and* Summer!)
- Shorts and sun hat (Summer only)
- Gloves, woolly hat, and scarf (even in Summer)
- Thick tights or long johns (if you have them) in Winter

Other Items

Change of clothes/shoes for the evening and your arrival/departure (No Stiletto Heels, please!)

Cool clothes for Thursday night Disco

Nightwear

2 Towels (medium size)

Toiletries – soap, toothbrush, toothpaste etc. (No aerosols please as they can set off the fire alarms)

Sun cream/sun block, midge net (if you have one) and insect repellent (May – September)

Torch

Disposable camera

Any medicine you may have to take (preferably labelled with a note from your parents or doctor)

Name tags on all your clothing.

What Benmore will provide:

Waterproofs

Boots

Rucksacks (when required)

Specialist equipment for fieldwork and activities

(Students possessing their own items of specialist equipment -climbing gear, wetsuit, etc.- are encouraged to bring them.)