

**WOODLANDS LODGE OEC  
PARENTS CHECK LIST**

The courses at the Centres involve a lot of time outdoors, whatever the weather, and there is the likelihood of clothes getting wet. Summer or winter conditions will dictate a different emphasis on the amount to be brought, but hard wearing, warm clothes are required all year round. The following should be regarded as a minimum for all 5 day courses.

<b><u>CLOTHES FOR ACTIVITIES</u></b>		<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> <li>• 5 prs thick socks and 5 prs thin socks ( not trainer socks)</li> <li>• Several changes of underwear</li> <li>• T shirts</li> <li>• 3 – 4 prs long sleeved fleece / sweaters</li> <li>• 3 – 4 prs trousers(jeans are not suitable for activities)tracksuit bottoms are ideal</li> <li>• Fleece/woollen gloves or mitts, warm hat, scarf (Nov-Apr)</li> <li>• Swimming costume (Apr-Nov)</li> <li>• Anorak, jacket or parka(strong windproof with hood)</li> <li>• 3 – 4 warm shirts/ /thermal tops</li> <li>• 2 prs trainers – 1 for normal use + 1 old pr for wet activities</li> </ul>		
<b><u>OTHER ESSENTIALS</u></b>	<input checked="" type="checkbox"/>	<b><u>USEFUL ITEMS</u></b>
<ul style="list-style-type: none"> <li>• 1 good size towel</li> <li>• Personal medication</li> <li>• Plasters for blisters</li> <li>• Toiletries etc *</li> <li>• Sun block – Factor 30 /sun hat ( April-Nov)</li> <li>• Pyjamas or night clothes</li> <li>• Casual clothes for evenings</li> <li>• 1 litre drinks bottle</li> <li>• Slippers/indoor shoes</li> <li>• Single duvet cover, pillow case and single bottom sheet</li> </ul>		<ul style="list-style-type: none"> <li>• Wellington boots primary aged children</li> <li>• Torch and spare batteries</li> <li>• Writing materials</li> <li>• Lypsyl or lip salve (all year)</li> <li>• 2 bin liners</li> <li>• Pocket money (for the centre shop)</li> <li>• Cuddly toy</li> <li>• S.A.E, pens/pencils</li> </ul>

**NOTES**

**Please note that**

- **Waterproof jackets and over trousers, wellington boots and day rucksacks are available to borrow from the centre at no charge**
- **\*aerosol deodorants are not allowed at the centre. Please bring a suitable alternative if required.**
- **Chewing gum is not allowed at the centre- please don't bring any**

**Students are asked to make sure that their name is on their clothing and personal possessions** – this is especially important for medication such as inhalers. The centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and centre staff are not allowed to look after them.

Your stay at one of the Centres is an opportunity to experience time away from mobile and electronic devices” – please **do not bring mobile phones (reception at some of the centres is sparse).**