

## Castleton Kit List

We provide all the essentials your group needs for their stay, including meals. However, each participant should bring the following personal items to ensure a comfortable and enjoyable experience:

### **Clothing**

- Casual trousers (suitable for outdoor activities)
- Shorts
- T-shirts
- Jumpers or warm layers
- Waterproof coat
- Two pairs of shoes (including one pair of trainers)
- Hat and gloves or sun hat and sun cream (weather dependent)
- Pyjamas
- Underwear and socks

### **Personal Items**

- Towel(s)
- Toiletries (toothbrush, toothpaste, soap, etc.)
- Prescribed medication (if applicable)
- Laundry bag or plastic bag (for wet/dirty clothes)

### **Optional but Useful**

- Reusable water bottle
- Small backpack for day activities
- Notebook and pen
- Sunglasses
- Book or quiet activity for downtime