

Kit List for Groups

For those participating in YHA Edale Activity Centre activity programmes

All specialist clothing and equipment is provided by the centre

As a guide, all group members should bring the following:

Warm hat and gloves (particularly important in winter and autumn)

Several old T-shirts

2 or 3 pairs of old trousers or tracksuit, **not jeans**

2 or 3 jumpers or warm tops

A Warm and Waterproof coat with hood and waterproof trousers. (The centre has some waterproofs but generally participants feel more comfortable in their own).

1 pair of old trainers for use on wet/muddy activities

1 pair of wellies

1 pair of walking boots

(we have both walking boots and wellies for groups to use but their own shoes are usually a better fit, more comfortable and not used by other people)

1 pair of shoes/trainers for use in the centre

Several pairs of socks, including 1 thick pair if you have them

Several changes of underwear

Pyjamas

1 slightly smarter set of clothes for meals and wearing in the centre

Wash kit and towel

Suncream & insect repellent

1 water bottle

Torch & spare battery; very important for anyone participating in evening outdoor activities, particularly in spring, autumn and winter

A bag for separating clean and dirty clothing is a good idea. Group leaders should be aware of the danger of suffocation when using plastic bags; an old pillowcase is probably better for younger groups.

Please note that there is a strong possibility that participants will get wet and muddy during their stay, new and expensive items of clothing are best left at home. There is zero mobile phone signal at YHA Edale and outdoor activities are the ideal please to break or lose expensive technology. We therefore recommend participants do not bring expensive smart phones. We have a payphone for customers onsite as well as a landline for emergency use.

All medication should be handed into the group leader with a note stating what it is, what it is for and the method and frequency of use. Medication should not be left in the bunkrooms or around the centre.

All valuables should be kept on your person or handed in at reception. Participants should be encouraged not to bring valuables with them and to keep pocket money to a reasonable level, in small denominations if possible.

Group Leaders

We have first aid kits at the centre and instructors on activities also carry first aid kits. It is however still recommended that you have a first aid kit with you. All medication for group members should be kept and controlled by you in a separate, preferably lockable box with a list of whom each item belongs to and when they should use it. **All activity programme participants must complete a medical consent form and the centre should be notified of all medical conditions.**