

## TSB TOPEC STUDENT EQUIPMENT LIST



<input type="checkbox"/>	<b>Boots</b>	Or other sturdy footwear if boots unavailable.
<input type="checkbox"/>	<b>Old Sport Shoes</b>	2 Pairs if possible – at least 1 pair will get wet and muddy.
<input type="checkbox"/>	<b>Gumboots</b>	Great for many activities.
<input type="checkbox"/>	<b>Water proof Rain Coat *</b>	Large <b>waterproof</b> and with a hood PVC or similar. ( not a training shell top )
<input type="checkbox"/>	<b>Over trousers *</b>	At least windproof but preferably waterproof.
<input type="checkbox"/>	<b>Pack *</b>	Large enough to carry overnight gear plus group equipment. ( 60 litres + )
<input type="checkbox"/>	<b>Sleeping Bag</b>	Preferably down or fibrefill type for good insulation.
<input type="checkbox"/>	<b>Socks</b>	4-6 Pairs of woollen socks. ( please avoid short ankle socks as they will lead to blisters )
<input type="checkbox"/>	<b>Thermal Pants</b>	2 Wool / Polyprop or trackpants.( <b>jeans are not suitable</b> for outdoors wear )
<input type="checkbox"/>	<b>Jerseys *</b>	2 Long sleeved woollen or fleece.
<input type="checkbox"/>	<b>Thermal Tops</b>	2 Polyprop or wool tops
<input type="checkbox"/>	<b>Hats</b>	Beanie/balaclava woollen and a cap or sun hat.
<input type="checkbox"/>	<b>Gloves</b>	Woollen and mitts acceptable. ( season dependant )
<input type="checkbox"/>	<b>T-shirts</b>	Enough to last 4-5 days for wear in the evenings.
<input type="checkbox"/>	<b>Shorts</b>	2 pairs.( season dependant )
<input type="checkbox"/>	<b>Underwear</b>	Enough for 4-5 days.
<input type="checkbox"/>	<b>Torch</b>	Small size – head torch is ideal (as you need to carry it) and include spare batteries.
<input type="checkbox"/>	<b>Toiletries</b>	Include sun block, soap, toothbrush, toothpaste etc
<input type="checkbox"/>	<b>Towels</b>	2 towels
<input type="checkbox"/>	<b>Swimming Gear</b>	May include your own wetsuit though these are provided.
<input type="checkbox"/>	<b>First Aid</b>	Personal medication, sun block, insect repellent and personal first aid kit if possible.
<input type="checkbox"/>	<b>Eating Utensils</b>	Spoon, knife, fork. Mug and bowl/plate preferably plastic – <b>for overnight camp.</b>
<input type="checkbox"/>	<b>Drink Bottle</b>	1 Litre to 1.5 Litre is preferred.( old powerade bottle will be sufficient )
<input type="checkbox"/>	<b>Pillow</b>	And pillowcase if desired.
<input type="checkbox"/>	<b>Lunch</b>	Lunch for the first day.
<input type="checkbox"/>	<b>Biscuits / home baking</b>	One packet or equivalent home baking for suppers and lunches during the week. To be handed into the kitchen on arrival.
<input type="checkbox"/>	<b>Black rubbish bag</b>	For collecting up your washing at the end of the week.
<input type="checkbox"/>	<b>Sunglasses</b>	Especially in summer
<input type="checkbox"/>	<b>OPTIONAL</b>	Wetsuit ~ Snacks

\*These items are likely to be available at TSB TOPEC, some are of limited stock. if you have your own please bring - specialist items inc wet suits and appropriate safety gear are provided by TOPEC. Do not spend money on expensive outdoor clothing that may not be used again.