

## BEAULIEU DEVELOPMENT CENTRE PARTICIPANT KIT LIST

### PARTICIPANTS WILL NEED TO WEAR:

- Trainers or walking boots / shoes
  - Old strong loose fitting clothes
    - **Long** trousers
    - **Long** sleeved shirt
    - Long sleeved fleece or sweatshirt
      - For safety reasons jewellery must not be worn
- EVEN IN HOT WEATHER!**

### PARTICIPANTS WILL NEED TO BRING:

- Warm jacket / fleece
- Additional warm clothes
- Hat / Sun hat (according to time of year)
- Sun cream / insect repellent (if necessary)
- Gloves
- Waterproof top and trousers (if not possible, we will provide)

#### **Food and drink:**

- Please bring your own refreshments and drinks, and also a **substantial packed lunch** if the course runs across lunch-time
- In hot weather please bring **water** to drink

### PLEASE NOTE:

Please note there is no shop on site.

There is only one cold water tap on site.

We recommend that visitors do not bring valuables. We have no locker facilities and will be working in all weathers. Participants failing to observe this advice do so at their own risk.

Hairstyles must allow for the correct fitting of safety helmets as everyone will wear a climbing style helmet during the activities.

Participants will be outside all day whatever the weather, although we do provide shelter from the elements. Being cold leads to low energy levels and discomfort. Please bring plenty of warm layers for both your top and bottom halves!