

TSB TOPEC STUDENT EQUIPMENT LIST



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