



Items to pack for our Ilam Hall residential:

- Socks and underwear
- T-shirts
- Warm tops / fleece
- Long walking trousers / jogging bottoms (no jeans or shorts for walking!)
- Walking boots or sturdy trainers
- Trainers to wear around the hostel (no bare feet or socks)
- Sleepwear (rooms are warm!)
- Waterproof jacket / cagoule (must fit in rucksack)
- Watch (at least one per dormitory)
- Pen and postage stamps for writing postcards home (give them to our staff to post for you)



Rucksack to hold enough for day's walk:

- Small lunchbox and one or two water bottles
- Suncream
- Sunhat

Towel and wash bag to include:

- Soap or shower gel
- Shampoo
- Toothbrush and toothpaste
- Deodorant
- Hairbrush



(If you are sleeping in the Bunkhouse you will also need a sleeping bag and pillow)

You need enough spares of the above to last you for 5 days. It could be hot or cold, wet or dry – or all of these things together so come prepared! You will want to change when you get back to the hostel into different clothes.

You will probably want to take a camera. Electronic items are not advised and are taken entirely at your own risk. They could get lost or broken.

Everything must fit into your daily rucksack and either a suitcase or holdall. You must be able to carry them yourself, so leave the kitchen sink at home!

