

Student Kit List for Residential Courses

The Arete activity courses are held at outdoor venues across the mountains of Snowdonia and along the coastline of Anglesey. The changing weather adds to the beauty of the area and the sense of real adventure. For this reason it is important to pack and be prepared for all eventualities, to ensure a comfortable stay.

We have drawn up a recommended kit list below. At the centre we do have specialist kit for the outdoor activities that includes waterproofs, fleeces, walking boots and wetsuits. These can be used by all course members, but feel free to bring any of your own items too. Please don't bring along any new or expensive items of clothing that aren't designed for the outdoors. Be prepared to be muddy and wet at times.

Note the centre isn't responsible for any expensive or treasured items, and we recommend such items are left at home.

1. One fitted single sheet, pillowcase and duvet cover, or sleeping bag if you would prefer. (This is to keep charges as low as possible, £3 per pupil for linen hire). However, we would ask that you bring a fitted bottom sheet and pillow case in either case, in order to protect our mattresses. Duvets and pillows are provided. We will provide all staff with bedding.
2. At least two pairs of thick ski or walking socks with a 'loop stitch'. Thin socks are hard on the feet and cause sores and blisters.
3. At least two warm jumpers or fleeces with long sleeves.
4. Two pairs of warm trousers to wear during activities. Track suit bottoms are quite adequate. Please don't bring jeans for activities as they aren't suitable.
5. A different T-shirts or similar to wear each day during activities. Thermal tops are ideal if you have any.
6. A warm hat and a pair of gloves plus sun hat and sun cream to cover all weather options.
7. Shorts and swimwear. Extra old shorts to wear over the top of the wetsuits.
8. Underwear and nightwear.
9. A set of casual clothes to wear around the Centre during the evenings.
10. Toiletries and a large towel.
11. A second large towel or changing robe for changing outside.
12. Pocket money if you wish to use the onsite souvenir and tuck shop.
13. Torch with spare batteries.
14. At least one pair of old normal trainers to wear during water sessions and a dry pair for land activities and travelling to venues. Sturdy trainers with laces rather than thin soled slip-on shoes. *Not* football astro shoes as the rubber is too hard and slippery on rock.
15. Sandwich Box and 500ml water bottle (any plastic bottle will do).
16. Medication if necessary.
17. Carrier bag to return wet/dirty clothing.
18. If you have your own waterproofs, walking boots, wetsuit or wellies please feel free to bring them along to use on activities.

For easy storage and to create more room in the dorms, please bring belongings in a soft bag rather than a rigid suitcase.