



TSB TOPEC STUDENT EQUIPMENT LIST - 2011

<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 maybe available at TSB TOPEC, limited stock if you have your own please bring # - specialist items inc wet suits and appropriate safety gear are provided by TOPEC. These are allocated as necessary. Do not spend money on expensive outdoor clothing that may not be used again.