

# ORCA Clothing & Kit List

Due to the nature of these courses we recommend that you bring wool or fleece garments only, as wet cotton clothing is very uncomfortable and cold to wear.

For a base-layer, bring long thermal underwear and socks (wool or synthetic). For a mid-layer, you will require fleece or wool tops and a pair of fleece or lined polyester-rich walking trousers. A full set of waterproofs is essential; you will also need hat and gloves.

For footwear, we recommend simple wellington boots. Note: for moving water courses, old trainers with wool or dry-socks are advised (wellie boots can fill with water).

We also recommend that you bring a pair of old trainers for the evenings and a spare change of clothes stored in a plastic bag to keep them dry.

Equipment:

- Sleeping bag, preferably 3 season
- Self-inflating or closed-cell foam sleeping mat
- Tent or basha
- Torch and spare batteries
- Small first aid kit, including plasters, blister kit, tweezers, foot powder and any personal medication
- Sun block and lip balm
- Good insect repellent and/or midge head-net
- Biodegradable soap and small towel
- Knife and spoon
- Mug and bowl
- Water bottle

... we have found that a head torch and a thermarest chair are fantastic optional extras!

For weeklong courses you will also require:

- Length of string
- Dry Sack (see FAQ's)

Optional extras:

- Camera and film
- Binoculars
- Spending money: as it is not unusual for students to get together for a well-earned pint at the end of a course.
- Tampons, as it is not uncommon for a sudden change of environment to start an unexpected period.



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