

Dolygaer Kit List 2025.

What to Pack

Students will need a variety of things while they are with us at the centre. When packing, keep in mind that they will be participating in a range of outdoor activities that will involve getting muddy and wet. Any participants with long hair will also be required to tie it back, so ensure sufficient hair ties are brought along.

Any person without appropriate attire, particularly footwear, will not be able to participate in the activities. No refund will be given.

As for personal items, we do not recommend children bring any electronics or phones as they may get lost or damaged. It is the responsibility of each participant to take care of their personal belongings.

General Items

Night clothes	Sleeping bag
Toiletries	Pillow and Pillowcase
Socks	Underwear
Water bottle	Suncream (SPF 30 or greater)
Rucksack	Torch
Bag for dirty/wet clothes	Pen and paper
Small amount of pocket money	Any medications required

Footwear

Slippers or Sliders for inside	1 pair trainers (For Dry Activities)
1 pair trainers (For Wet Activities)	

Clothes Please see Clothing Suggestions for more information	
Trousers (minimum 3-5)	Tops (minimum 3-5)
Shorts	2-3 jumpers, i.e. hoody or fleeces
1 light sweater (preferably wool or fleece)	Swimwear
Waterproof jacket and trousers	Hat

Water based activities
Gorge Walking and dragon boating. (Wetsuits and Cagoules are provided)
<ul style="list-style-type: none"> ★ Swimwear for under the wetsuit ★ Shorts and t-shirt ★ Towel ★ Complete change of clothes for after wet activities.

Land Based Activities
Climbing, orienteering, walking, crate stack and abseil.
<ul style="list-style-type: none"> ★ Loose, comfortable, layered clothing <ul style="list-style-type: none"> o t-shirt, fleece top, tracksuit bottoms.

What NOT to Wear
<p>Please do not wear denim. When wet it becomes very restrictive and has no insulating qualities.</p> <p>Please do not wear open toed shoes (i.e. sandals, flip flops).</p>