

Clothing

Students working outdoors need appropriate clothing, so they are comfortable in cold, wet conditions or hot, dry conditions, depending on the season. It is important to allow for extremes.

Whenever outdoors, students must wear socks and closed shoes for safety reasons.

Cold, wet months

Students need to keep warm. Dressing in layers is an effective and flexible way to stay warm. If they get wet, they need dry clothes to change into.

Recommended in addition to comfortable outdoor clothing:

- A woollen or polar fleece jumper (cotton windcheaters are not very effective)
- Woollen hat or beanie
- Waterproof boots with good tread
- Spare clothes to change into
- Warm sleeping clothes

Warmer months

Students need to keep cool and avoid dehydration, sunburn and heat stress.

Recommended in addition to comfortable outdoor clothing:

- Long sleeved shirt with collar
- Broad-brimmed hat
- Sun block (15+) and sunglasses
- Personal water bottle

Sleeping requirements

Mattresses are supplied. Visitors need to bring a pillow, pillowslip, and sheets.

They also need a good sleeping bag or sufficient blankets.

They will also need to bring their own towels and toiletries.