

# BT4: Guest Information



## Facilities

It should be noted that there are no shops nearby, so guests should bring everything with them that they are likely to need during their stay. However, we do have a small tuck shop on-site selling a selection of sweets, drinks, postcards, souvenirs and a limited selection of toiletries. Laundry facilities are available for emergency use only. Mobile phone reception is limited but there is a payphone in the main Lodge. The number is 01539 733873.

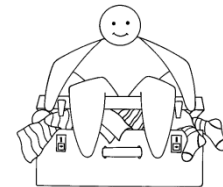
## What you need to bring

Whatever time of year you visit, much of the time will be spent outdoors, so our emphasis is on OLD, WARM, LOOSE FITTING clothes. All specialised clothing and safety equipment will be provided by the centre. However, we ask that guests bring with them as many of the following items as possible.

### Kit List example for 5 days

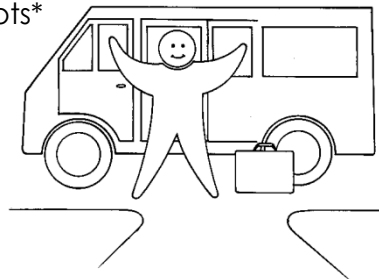
#### Important

- 3 complete changes of clothes (loose trousers are best, not jeans)
- 2 towels
- Toiletries
- 2 fleeces\*
- Pair of gloves and a hat\*
- 5 pairs of socks plus 1 thick pair for walking boots/wellies
- 1 pair of slippers or indoor shoes
- Waterproof coat and trousers\*



#### Useful

- 2 pairs of trainers (one old pair for water activities)
- Torch\*
- Strong outdoor shoes or boots\*
- Wellingtons\*



#### For summer months

- Shorts
- Sun hat
- Sun cream

\* We can provide these items if you do not have them

If you need any further information contact your group leader or Bendrigg's Bookings Administrator, Jo Winchester.