

# BT4: Guest Information



We have put together the following information to help you prepare for your stay.

## Facilities on site

There is Wifi available throughout the centre and mobile phone signal is good with 4G being picked up around most of the site. 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 small selection of souvenirs and a limited selection of toiletries. Laundry facilities are available for emergency use only. We also have a limited number of accessible aids available on a first come first serve basis, this includes slings, commode's, door alarms and padded bed sides. please contact us if you wish to see the list and reserve any items for your stay.

## What you need to bring

Whatever time of year you visit, much of the time will be spent outdoors, so we advise you to bring 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

#### Important

- 3 complete changes of clothes (loose trousers are best, not jeans)
- 2 towels
- Toiletries
- 2 fleeces\*
- Pair of gloves and a hat\*
- 3 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.