

**SUGGESTED PERSONAL EQUIPMENT LIST FOR 5 DAY RESIDENTIAL WORK
EXPERIENCE ARMY INSIGHT COURSE**

1. Students should be in possession of the following equipment which will make their stay as enjoyable as possible.
 - a. Washing kit plus towel (2 extra towels), shaving kit for males who shave
 - b. Spare underwear and socks(Sufficient for 5 days)
 - c. At least 3 complete changes of clothing
 - d. 2 x sets of trainers (**Not expensive fashion trainers**)
 - e. **Waterproof clothing**
 - f. **Strong walking shoes/boots**
 - g. **Torch with batteries (optional)**
 - h. Gloves and woolly hat
 - i. **Pencils and notebook**
 - j. Money for the Camp shop (no more than **20 pounds**)
 - k. Casual clothing for evening wear
 - l. **Old clothing for daytime activities**
 - m. **Padlock and keys for lockers**
 - n. **Sleeping Bag**
 - o. **Water Bottle**
 - p. **NO JEWELLERY PLEASE**

All parts in red - only bring these items if you already have them, they are not needed/army can provide

2. A small amount of spending money for use in the Camp Shop (all meals are provided). A student will certainly not need more than £20 for the week. Students should be aware that the Ministry of Defence cannot be held responsible for loss of money or personal belongings.
3. Because there are no special arrangements for safeguarding mobile telephones it is recommended that students do not bring them on the course. In any event because of the busy programme their use will be restricted 0600 to 0700hours, 1800 to 1900hours and 2100 to 2200 hours daily.
4. Knives, offensive weapons and alcohol will not be permitted.