

## Kit List

- Suitable clothing and footwear for activities planned. Footwear **MUST** be worn when participating in water sports activities. Old trainers, plimsolls, wet shoes etc are all fine. **(Flip Flops, Crocs and Reefs ARE NOT SUITABLE)**. Wellington boots or old trainers for land based activities. A general rule of thumb is plenty of **OLD** clothing and lots of layers.
- Night wear (warm pyjamas or long sleeved tops and trousers rather than shorts and t-shirts)
- Waterproof jacket and trousers
- Swim wear
- Sun hat, woolly hat and sun cream
- Personal toiletries including towel and hand soap
- Sleeping bag, pillow. blanket if required
- Torch
- Lunch box and drinks container
- Mug for bedtime drink
- Any medication needed (asthma inhalers, allergy tablets etc.) given to leader.
- 2 black bin liners for dirty and wet clothes
- Small rucksack for day use
- Disposable camera (with your name on!)

Please pack everything into a **medium sized bag** (not a suitcase) ensuring:

**EVERYTHING IS LABELLED WITH YOUR NAME**

Please note: **No chewing gum or expensive items (please DO NOT bring digital cameras!)**