



What to bring

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

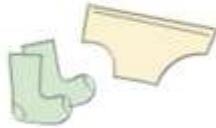
- Tops & jackets**
 - T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers
- Trousers or leggings**
but not jeans as they get heavy and cold when wet
- Underwear & socks**
- 1 or 2 sets of **clothes for the evening**
- Suitable **nightwear**



Your arms will need to be covered to do some activities.



Your socks will need to cover your ankles to do some activities.



FOOTWEAR

- 2 pairs of trainers**
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes**
for evening activities



OTHER ITEMS

- 2 towels**
 - 1 for showering
 - 1 old one for activities
- Reusable **drinks bottle**
- Small **rucksack/bag**
- Labelled **bin bag** for wet and dirty clothing
- Sleeping bag or duvet** and pillow (unless otherwise advised)



- 2 large towels
- 1 small towel
- Hairdryer
- Washbag – soap, shampoo, roll on deodorant, toothpaste and toothbrush
- Sunhat
- Suncream
- £10 maximum spending money (optional)
- Disposable camera (optional)