

LEADER KIT LIST

CLOTHING

- Waterproofs**
1 x Jacket
1 x Trousers
- Tops**
2 x T-shirts
1 x Long sleeved t-shirt
2 x Fleece/jumpers
- Trousers or leggings**
3 x Sets
No jeans; they won't dry!
- Underwear and socks**
Enough for each day
Extra pairs are useful
- Footwear**
1 x Sturdy shoes for activities
1 x Old pair for watersports
Flip Flops (for showers only)

- Clothes for the evening**
1 or 2 sets
- Nightwear**
Warm and snug!
- 1 x Swimwear**

VISITING WHEN...

Hot & Dry Shorts Cap/sun hat Sunscreen Insect repellent Sunglasses	Cold & Wet Warm coat Hat & gloves Extra socks Flask Welly boots
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Extra layers for the evening are good, no matter the weather.

OTHER ITEMS

- Small rucksack/bag**
For carrying lunch and spare clothes to activities
- Medication**
Please ensure that you bring any medication that you may need.
- Towel**
2 x towels, or 1 quick dry towel
- Bin or carrier bags**
2 x for wet and dirty clothing
- Drinks bottle**
Reusable

ACCOMMODATION

YOU MUST BRING:

- Washbag**
Body wash, shampoo, deodorant, toothbrush, toothpaste, hand sanitiser, sanitary product.

All bedding will be provided for you.

YOU MAY NEED:

- Head torch/torch**
With extra batteries

GROUP ESSENTIALS

- Medical forms**
- Medical kit**
School approved
- Specialised medicines**
- Power banks**
- _____
- _____
- _____

EXTRAS

MISC:

- Bin or carrier bags**
For wet and dirty clothing

HEALTH AND HYGIENE:

- Hand sanitiser**
- Spare sanitary products**
- Notebook and pens**
- Hot water bottle**
If you feel the chill!

DO NOT BRING...

Jewellery/valuables

Please note, mobile phones are not covered by our insurance, but we do have charging points available.

LOST PROPERTY

Keep a list of what you pack to check off when you return home. If you do leave anything behind, please contact contact us. Postage will be charged for returning lost items.