

PARTICIPANT 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, plus some extra pairs
- 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 |
|--|---|

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 x quick dry towel
- Bin or carrier bags**
2 x for wet and dirty clothing
- Drinks bottle**
Reusable bottle
- Money**
Check with your leader if you'll be needing any

ACCOMMODATION

YOU MUST BRING:

- Washbag**
Body wash, shampoo, deodorant, toothbrush, toothpaste, hand sanitiser, sanitary products
- Sleeping Bag**
We do NOT provide sleeping bags

YOU MAY NEED:

- Headtorch/torch**
With extra batteries

DO NOT BRING...

- Electrical devices
- Hand-held gaming devices
- Jewellery/valuables
- Excessive sweets
- Fizzy drinks

Please note, mobile phones are not covered by our insurance.

OTHER

- | | |
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IMPORTANT

Please ensure that you bring any medication that you may need. You may not be able to take part in activities if you don't.

LOST PROPERTY

Keep a list of what you pack to check off when you return home. If you do leave anything behind, please contact your party leader who will contact us. Postage will be charged for returning lost items. *Please ensure that all items are named.*