

Kit List - What to bring

Please bring old clothes rather than new ones as they will be well used. It is colder out on the water than on land so please bring plenty of warm clothes and waterproof / windproof clothing. Sunshine is reflected from the water so it is important to wear suitable protection including sunscreen, sun hats and sunglasses.

Required

- **Soft Bag for belongings (NO suitcases)**
- **Waterproof Cagoule / Anorak (to water for wet activities)**
- **Wet shoes or old trainers (to be worn for wet activities)**
- **Large shorts (to be worn over wetsuit in wet activities)**

***** All wetgear will be dried at the end of the day ready to be re-used the next day.**

- **Sleeping Bag**
- **Pillow**
- **Towel**
- **Wask Kit (including shower gel or soap, shampoo, deodorant, tooth brush, toothpaste)**
- **Travel clothes and shoes (comfortable)**
- **Swimming costume**
- **Clothing for each day**
- **Warm coat for general use**
- **2 x black bin liners**
- **5 x polythene carrier bags**
- **Pyjamas**
- **Suncream**
- **Sun hat / cap**
- **Warm hat and gloves**
- **Waterproof boots or wellies**
- **Trainers**
- **Anti-seasickness tablets**

Additional

- **Small rucksack**
- **Drinks bottle**
- **Sunglasses**
- **Camera**
- **Torch**
- **Spare glasses (if your child wears them)**
- **Reading book**

We will make every effort to ensure property is returned and in the same condition, but it is an extremely active trip and this cannot be guaranteed. If you have anything that you would not want to be lost or damaged, then PLEASE DO NOT BRING IT!!.