

Kit List



This list is a guide to what you might want to bring with you for your trip (please note that this guide is based on overnight stays).

Essential Items

- One full set of 'wet clothes' (for watersports)
- Trainers (another if doing watersports)
- At least two full changes of normal clothes
- Indoor footwear
- Spare towel (for watersports)
- Strong bin liners for wet clothes
- Walking boots / strong shoes
- Sleeping bag and pillow
- Re-fillable drinks bottles
- Shorts and T-shirts
- Waterproof coat
- Towel and wash kit
- Pyjamas

Do not bring

- Mobile phones
- Tablets, MP3s, etc.
- Open toed shoes
- Jeans