

KIT LIST FOR OVERSEAS ADVENTURE

General

- ✓ Suitable nightwear
- ✓ Underwear
- ✓ Long and short-sleeved T-shirts
- ✓ 1 pair trainers / shoes suitable for walking
- ✓ 1 or 2 sets of clothes for evenings

For activities

- ✓ 1 pair old trainers / canvas or plastic shoes (may get very wet / muddy)
- ✓ Old clothes – long sleeved T-shirts, leggings, sports clothing
- ✓ Fleeces / sweatshirts
- ✓ Swimming costume / trunks
- ✓ Shorts
- ✓ Sunhat / Baseball hat
- ✓ Waterproof jacket / cagoule
- ✓ Rash vest

Additional items and toiletries

- ✓ Sleeping bag and pillow
- ✓ Torch
- ✓ Wash bag
- ✓ Towel for showering
- ✓ Old towel for wet activities
- ✓ High factor sun cream
- ✓ Insect repellent
- ✓ Labelled plastic bags for wet/dirty/spare clothes
- ✓ Small rucksack for days out
- ✓ Drink bottle

YOU WILL ALSO NEED

- ✓ A passport (or collective passport for your group)
- ✓ European Health Insurance Card (EHIC) This is available free of charge. Apply on line or pick up a form from the post office.
- ✓ Food and a drink for your journey
- ✓ Pocket money