

KIT LIST FOR UK ADVENTURE

GENERAL

- Suitable Nightwear
- Underwear (please note that for many activities, socks will need to cover your ankles)
- Trousers/leggings for activities (not jeans)
- Shorts (summer groups)
- 1 pair of trainers for activities
- 1 pair of shoes for watersports (preferably old trainers)
- Pair of dry shoes for evening activities
- Fleeces/sweatshirts for activities
- Long sleeved shirt/t-shirts (for activities where arms need to be covered)
- T-shirts
- Waterproof jacket/cagoule (and trousers if you have them)
- Warm anorak or similar (winter groups)
- Hat and gloves (winter groups)
- Baseball hat/sun hat (summer groups)
- 1 or 2 sets of clothes for the evening (and final night disco)

OTHER ITEMS

- One towel for showering
- One 'old' towel for wet activities
- Plastic drink bottle
- Sunscreen (summer groups)
- Small rucksack/ bag
- Labelled bin bag for wet and dirty clothing
- Washbag (including soap, shampoo and toothpaste)
- Sleeping bag/duvet and pillow (unless otherwise advised)
- Wellington boots - Field Studies groups only
- Groups taking part in sports weekends such as netball, dance etc should bring appropriate clothing/shoes for these activities