

ONE WEEK ADVENTURE SUMMER CAMP KIT LIST

Please do your very best to come with everything on the kit list. The weather can vary considerably and it can be cold on the mountain tops at any time of year.

Your instructor will work with you to check your kit on the day that you arrive. Items with an asterisk* can be hired for a charge of £10 per item but must be requested in advance by emailing Rebecca (with approx. size) as our stock is limited. We ask that you bring cash in a marked envelope for any kit hire requested.

SMALL RUCKSACK (25-30ltrs)

Pack your small rucksack with the following items from the kit list so that they are immediately available when you arrive.

HOLD LUGGAGE BAG

Once you are at the Adventure School it is really helpful if your bag can squash flat for storage rather than bringing a rigid suitcase.

Waterproof jacket with a hood*

Waterproof trousers*

Waterbottle (*at least 1 litre – empty if flying*)

Strong plastic bag (*supermarket 'bag for life' or rubble sack*)

Lightweight puffer jacket or thick fleece

Lunch box (*e.g. named tupperware box big enough for a couple of sandwiches and a flapjack*)

Wooly hat

Warm gloves

Sunhat/cap and sunglasses

Cheap digital watch

Some plasters and blister plasters

Inexpensive head torch with batteries

Small bottle of antibacterial hand gel

Personal medication

Sleeping bag* (suitable for night out under the stars – we provide roll mats)

Walking boots with ankle support*

Sports trainers

Indoor shoes or slippers

Wetsuit shoes or old trainers for kayaking and swims

Wellies OPTIONAL

One full set of non-outdoor clothes

Three full sets of clothes to use outdoors (quick drying)

Three pairs of trousers

Three long sleeved t-shirts

Three short sleeved t-shirts

Two light fleeces/training tops or wool jumpers

Enough pants and socks for the week (*socks should be at least as long as your walking boots are high*)

A pair of shorts

Swimming costume/trunks

Towel

Bowl, mug and spoon (for camp use)

Suncream

Washbag with toiletries

Nightwear/pyjamas

'Smidge' insect repellent (no DEET based repellents please, we provide midge head nets)

Our nearest post office is a long way away and there will be a £15+ postage cost to repatriate kit left behind at the end of the week.