

TWO WEEK EXPEDITION SUMMER CAMP KIT LIST

Please do your very best to come with everything on the kit list. 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 £15 per item but must be requested in advance by emailing Rebecca (with an approx. size) as our stock is limited. We ask that you bring cash for any kit hire.

CLOTHING and FOOTWEAR	EQUIPMENT
○ Waterproof jacket with a hood* ○ Waterproof trousers* ○ Lightweight insulated/puffer jacket ○ Woolly hat and Sunhat/cap ○ Warm gloves ○ One full set of non-outdoor clothes (<i>for evenings and travelling</i>) ○ Three full sets of clothes to use outdoors (<i>quick drying and suitable to be used together as layers</i>) - Three pairs of trousers - Three long sleeved t-shirts - Three short sleeved t-shirts - Three light fleeces or wool jumpers ○ Enough pants and socks for one full week (<i>We will do a pants and socks wash during the summer camp. At least three pairs of socks should be high topped 'hiking' socks.</i>) ○ A pair of shorts ○ Swimming costume/trunks ○ Nightwear/pyjamas ○ Walking boots with ankle support* ○ Sports trainers ○ Indoor shoes or slippers ○ Wetsuit shoes or old trainers for kayaking and swims ○ Wellies OPTIONAL	○ DAY RUCKSACK (25-30 litres) ○ EXPEDITION RUCKSACK* (65 litres +) ○ Sleeping bag* ○ Sleeping mat (<i>a compact inflatable sleeping mat is much easier to pack and carry on expedition than a foam mat – foam mats can be borrowed if necessary</i>). ○ Head torch with batteries ○ Cheap digital watch ○ Waterbottle (<i>at least 1 litre</i>) ○ Lunch box (<i>a named box for one days sandwiches, cake and fruit</i>) ○ Sunglasses ○ 4 strong plastic bags or lightweight dry bags (<i>used for waterproofing and compartmentalising kit on expedition</i>). ○ Towel (<i>for use at the Adventure School</i>) ○ Face towel/flannel (<i>for use on expedition</i>) ○ Bowl, mug and spoon (<i>for camping use</i>) ○ Suncream ○ Washbag and toiletries ○ 'Smidge' insect repellent (<i>no DEET based repellents please</i>) Can be purchased here £7.50 ○ Basic first aid kit including blister plasters ○ Midge head net (<i>not mosquito mesh</i>) ○ Small bottle of hand gel ○ Personal medication

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 camp.