

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. Rebecca's email address is rebecca@ridgway-adventure.co.uk. We ask that you bring cash in an envelope with your child's name and requested items written on it, for any kit hire requested.

There is a short video on our website explaining a bit more about the kit that you need, what is appropriate and how best to pack it. [Click here to view.](#)

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.

Waterproof jacket with a hood*
 Waterproof over-trousers*
 Waterbottle (*1 litre capacity – 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*)
 Woolly hat
 Warm gloves
 Sunhat/cap and sunglasses
 Cheap digital watch
 Some plasters and blister plasters
 Head-torch with new batteries
 Small bottle of antibacterial hand gel
 Personal medication

Returning kit left behind:

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.

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.

Sleeping bag* (3 season, suitable for night out under the stars – we provide roll mats for everyone)
 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 (travel in these)
 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)