

KIT LIST



ESSENTIALS

- Waterproof sunblock SPF50
- Reusable drinks bottle
- Sleeping bag
- Pillow & pillowcase
- Wash kit - soap, shampoo, toothbrush & toothpaste, roll on deodorant (**no** aerosols)
- Towels - 1 x washing & 1 x beachtowel
- Bin liner/plastic bag for wet/dirty clothing & shoes



STAYING AT BUDDENS - ALSO BRING -

- Eating utensils & equipment - cutlery, non-breakable cup/mug, plate & bowl
- Tea towel
- Torch



DON'T FORGET TO LABEL ALL YOUR ITEMS!

WET STUFF

- Swimming costume / trunks / board shorts
- Rash vest - advisable
- Wetsuit - optional depending on the weather
- Wetsuit shoes **OR** an old pair of trainers



RASH VESTS DRY QUICKER THAN OTHER MATERIALS & ARE INEXPENSIVE

DECATHLON

We have teamed up with Decathlon to provide you with a variety of clothing and watersports wear at a discounted price. Check out the **WEBSITE HERE** for our recommendations. Their items are both affordable and good quality.

CLOTHING

- Jumpers & sweatshirts
- Tops - longsleeved & t-shirts (shoulders need to be covered)
- Tracksuit trousers & Jogging bottoms
- Shorts
- Warm pyjamas / nightwear / bed socks!
- Underwear - lots of - especially socks!
- Waterproof bottoms
- Jackets - warm coat
- light weight rainproof jacket
- Hat - sun hat or wolly hat (depending on weather)
- Gloves if it's chilly!



NO JEAN MATERIAL - IT DOESN'T DRY EASILY!

FOOTWEAR



- Trainers - 1 pair for land activities
- 1 pair for water activities (if you don't have wetsuit shoes)
- 1 dry pair for the evening
- Wellies (weather dependent - Buddens)

OTHER

- Label **ALL** medication
- Maximum of £10 advised for the tuck shop/cafe

DO NOT BRING

No valuables
No mobile phones
No expensive clothing

We are unplugged so no opportunity for charging!