

DAY TRIP KIT LIST



CLOTHING

- Jumpers & sweatshirts
- Tops - longsleeved & t-shirts (shoulders need to be covered)
- Tracksuit trousers or Jogging bottoms
- Shorts
- 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!



ESSENTIALS

- Waterproof sunblock SPF50
- Reusable drinks bottle
- Towels - 1 x washing
- Bin liner/plastic bag for wet/dirty clothing & shoes



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)



If you are doing water based activities...

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.

DO NOT BRING

No valuables
No mobile phones
No expensive clothing

We are unplugged so no opportunity for charging!