

# Your outdoor adventure kit list

## What you need to bring

- Soft holdall or a bag that can be squished down (there's limited storage space)
- Wash kit/toiletries
- Towel
- Trousers/shorts
- Sweatshirts/hoodies/fleeces & layers
- T-shirts
- Underwear and socks
- Nightwear
- Sunglasses
- 2 x pairs of suitable shoes (1 x pair of shoes you don't mind getting wet, 1 x practical shoes to wear in down time)
- 2 waterproof bags (e.g. bin bags, to take home any damp clothing)
- Swimming costume (or something similar to wear under a wetsuit - don't worry you won't go swimming.)
- Flips flops or sandals/sliders (for the shower)
- Waterproof jacket/coat
- Bedding (will be confirmed on pre-trip call)
- Packed lunch and bottle of water/drink for the journey



### A few important things

- Any medication **MUST** be in its original packaging with the dispensary label attached, or a pharmacy-issued and fully labelled dossette box.
- Waterproofs, lifejackets and sun cream are provided.
- Phones/valuables are brought at your own risk - we can't be responsible for any loss or damage.
- Everything is provided, but if you want to buy snacks or souvenirs, we suggest bringing no more than £20.

There's heaps more useful info about your trip on our website, here



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