

14 to 16 EXPEDITION CAMP: KIT LIST

On the 14 to 16 Expedition Camps, you have to think for yourselves a bit more! For most of the week you will be away from the Centre, so you will need to travel light. Please bring old clothes that you do not mind getting dirty or wet.

When we do wet activities, we will provide wetsuits, cag tops, salopettes and buoyancy aids, if you do not already have your own.

The following is required kit for participants to bring:

Check List	THIS SHOULD BE PACKED INTO A RUCKSACK
	Sleeping Bag (3 season +)
	Carry Mat
	Nightwear – consider you will be sleeping outside- thermals (optional)
	Wash Kit – wipes, toothbrush and toothpaste etc.
	2 towels
	Enough clothes to change into for the duration of your stay: T shirts and sweatshirts; shorts and tracksuit bottoms or leggings; underwear and socks
	Waterproofs (tops and bottoms) – Coat
	Footwear suitable for walking, cycling and water activities e.g. trainers, plimsolls, wetsuit boots. NOT wellington boots or flip flops
	Sun cream (Factor 20+)
	Sunglasses
	Torch and spare batteries – a headtorch is best
	Warm hat and/or sun hat and gloves
	Book to read, cards or similar
	Bin liner or similar for dirty clothes
	Kit bag for storage – secured
	Small day sack for wearing hiking and cycling (around 25 litres)
	Bivi bag (optional)
	Knife, spoon, fork, bowl, plate, WATER BOTTLE and mug suitable for hot drinks (no china)
	Pocket money (max. £10)
	Snack food, if you wish
	Cycle Helmet – if you have and wish to bring your own mountain bike, you may do so. This will be at your own risk.
	Please do not bring any valuables or good clothing. MOBILE PHONES and electrical items are not recommended
	Please do not bring pocket knives or any other sharp objects

Please pack all items into a rucksack, as these will be transported for you to the camp.

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