

# KIT LIST - FRANCE



School & group activity trips

## WHAT TO BRING ON YOUR ADVENTURE

**This is a guide of what to take with you. Please bear in mind the time of year and any particular personal requirements when packing for your activity trips.**

- Waterproof sunblock (essential) factor 50
- Named sports drink bottle (essential)
- Land footwear - trainers/plimsolls suitable for dry/land activities
- Water footwear - wetsuit shoes/plimsolls (ones you don't mind getting wet)
- Sunglasses (with glasses strap, also essential for spectacles)
- Lightweight, rainproof jacket (for the occasional shower and evenings)
- Long-sleeved top/t-shirt & tracksuit trousers/jogging bottoms (1 pair)
- Shortie wetsuit (recommended early in the season)
- Tee shirts (6 or 7)
- Sweatshirt/jumper
- Shorts (3 or 4 pairs)
- Jeans/long trousers (1 pair)
- Large, sturdy plastic bag for damp/dirty clothing
- Sleeping bag (essential)
- Pillow & pillow case
- Rash vest (recommended)
- Small back pack for use on activities
- Insect repellent
- Sun hat
- Small torch and batteries
- Towels (bath & beach)
- Speedo style trunks
- Pyjamas/nightwear
- Wash kit
- Underwear & socks
- Named drinks bottle

## PACKING

When packing for your trip we advise you use a soft bag/holdall no larger than 100cm x 40cm x 50cm. If you are packing your sleeping bag separately, please use a strong, clearly labelled plastic bag. **Please label ALL of your belongings.**

## DO NOT FORGET

- Your passport (if you are NOT on a group passport)
- Label ALL clothing & belongings
- All medication must be labelled & named
- Your RYA logbook (if you have one)
- Money (Euros)
- Your European Health Insurance Card (EHIC)

## REMEMBER

- No valuables or mobile phones
- No excessive jewellery
- Watersports are wet so do not bring expensive clothing