

KIT LIST - BUDDENS

WHAT TO BRING ON YOUR BUDDENS 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)
- > Wellies
- > Sunglasses (with glasses strap, also essential for spectacles)
- > Lightweight, rainproof jacket (for the occasional shower)
- > Warm coat
- > Long-sleeved top/t-shirt & tracksuit trousers/jogging bottoms (1 pair)
- > Warm pyjamas (just in case it is chilly at night)
- > Tee shirts
- > Sweatshirt/jumper
- > Shorts
- > Jeans/long trousers (1 pair)
- > Large, sturdy plastic bag for damp/dirty clothing
- > Sleeping bag (essential)
- > Pillow & pillow case (essential)
- > Rash vest (optional)
- > Insect repellent
- > Sun hat
- > Small torch and batteries
- > Towels
- > Pyjamas/nightwear
- > Wash kit
- > Underwear
- > Wetsuit (optional)
- > Eating utensils & equipment - cutlery, non-breakable cup & mug, plate, bowl

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

- > Label ALL clothing & belongings
- > All medication must be labelled & named

REMEMBER

- > No valuables or mobile phones
- > No excessive jewellery
- > Do not bring expensive clothing!