

6.0 CLOTHING

6.1 Suggested Clothing List

PLEASE MAKE SURE ALL ITEMS ARE NAMED CLEARLY AND CORRECTLY

ITEM	QTY	CHECKED ON PACKING	CHECKED ON DEPARTING
T Shirts			
Sweaters/Fleeces (Not woollen)			
Warm Trousers (NOT Jeans)			
Shorts			
Underwear: Pants			
Socks			
Vests			
Nightwear + casual evening wear			
Sun cream			
Swimwear (to wear under wetsuits when used on the water)			
Bath and Hand Towel			
Washing Kit			
Indoor shoes (Slippers)			
Outdoor Shoes x2 one for wet activities one for dry. (e.g. Trainers and Wellington Boots for activities)			
Rubber Soled Shoes for wet activities (e.g. Plimsolls/Old trainers that can get wet)			
Waterproof Coat/ Jacket/Anorak			
Waterproof Trousers			
Sport Winter Gloves (not woolly).			
Hat (cap for summer, woolly for winter)			
Spectacle safe head band			
Bin Liner for wet clothes			
Other optional items, e.g. Teddy, Torch for evening activities, Pocket-sized named drinks bottle.			

Winter months November to April Summer months May to October.

Please check a weather forecast as this is a guide. Pack suitable clothing for the weather conditions that are forecast.