

# Live4Adventure

## Personal Clothing & Kit List

Here is a checklist of items to bring with you. Please check the **weather forecast** just before you come to help you decide how much warm clothing or sun cream you need to bring.

All specialist equipment is provided for your activities.

Don't buy new clothes for the trip - old clothes are best and please take the time to write your name in them. Things often get mixed up in the bedrooms and the drying room so that will help you take everything home that's yours.

We recommend that you don't bring expensive items e.g. tablet computers and expensive cameras.

**Important note** - the coach stops about 300m from the hostel front door, so you will need to carry your own bags that distance into the hostel and up the stairs to your room - please bring reasonable sized bags for the trip rather than large suitcases.

Items to bring	Tick when packed
Any medicines that you might need (e.g. asthma inhalers)	<input type="checkbox"/>
Warm coat or waterproof jacket	<input type="checkbox"/>
2 fleeces/hoodies/jumpers	<input type="checkbox"/>
3 pairs of trousers/joggers/tracksuit trousers (not jeans)	<input type="checkbox"/>
5 pairs of socks (not short 'trainer' socks)	<input type="checkbox"/>
Nightwear, washkit, towel	<input type="checkbox"/>
3 T shirts (in summer a thin, long sleeved top will help prevent sunburn)	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Swimming shorts or swimming costume	<input type="checkbox"/>
1 pair of indoor shoes/slippers	<input type="checkbox"/>
1 pair of sturdy trainers for dry activities (a good grippy sole is needed)	<input type="checkbox"/>
1 pair of old trainers or wellies for wet activities	<input type="checkbox"/>
Drinks bottle and packed lunch box	<input type="checkbox"/>
Torch	<input type="checkbox"/>
Bin bags/carrier bags to pack any wet/dirty clothes to take home	<input type="checkbox"/>
In summer - shorts	<input type="checkbox"/>
In summer - sun cream (factor 30 or higher) and peaked hat (baseball cap etc)	<input type="checkbox"/>
In cold weather - gloves or mitts (ski gloves are better than thin woollen gloves)	<input type="checkbox"/>
In cold weather - additional warm layers (skins/thermals/leggings etc)	<input type="checkbox"/>
In cold weather - a warm hat or balaclava	<input type="checkbox"/>
A small amount of spending money for souvenirs	<input type="checkbox"/>
A camera if you have one	<input type="checkbox"/>