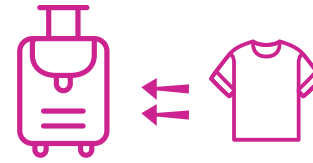


KIT LIST

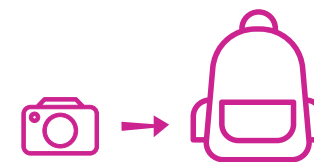


ITEM	5 DAY ADVENTURE	7 DAY ADVENTURE	14 DAY ADVENTURE	19 DAY ADVENTURE	NOTES
TRAINERS	1 indoor 1 outdoor	1 indoor 1 outdoor	1 indoor 1 outdoor	1 outdoor	Indoor shoes for wearing around centre and travelling. Your outdoor trainers should be a pair that you don't mind getting wet and muddy.
WET ACTIVITY FOOTWEAR	1 pair	1 pair	1 pair	1 pair	These shoes will get wet on a number of occasions. Old trainers or 'wet suit' shoes, if you have them, are ideal.
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECEES	3	4	4	4	Fleeeces are ideal as they dry quickly but any of the other items are a good substitute. You should include at least one warmer fleece for your expedition.
TROUSERS	3	4	4	4	Lightweight trousers (not denim) such as walking trousers or tracksuit bottoms.
T-SHIRTS	3	6	6	4	Aim for tops that cover your shoulders from the sun.
LONG SLEEVED BASE LAYERS/ TOPS	1	2	3	3	
SHORTS	1	2	2	2	Not denim.
NIGHTWEAR AND PYJAMAS	1	1	1	-	
CASUAL CLOTHES FOR TIME AROUND THE CENTRE AND TRAVEL	1 set	2 set	1 set	1 set	
UNDERWEAR INCLUDING SOCKS	7	7	7	7	This is a minimum number. Trainer socks aren't recommended as they may cause blisters. For young women, a sports bra may come in handy.
THICK WALKING SOCKS	2 pairs	4 pairs	5 pairs	5 pairs	
SUN HAT, SUNGLASSES, SUN CREAM	1 of each	1 of each	1 of each	1 of each	Don't bring expensive sunglasses - they aren't known to float in water very well! Sun cream will need to be at least factor 30.
WARM HAT AND GLOVES	1 pair	1 pair	1 pair	1 pair	We can provide these but feel free to bring your own.
TOWELS	1	2	2	1	Quick drying microfibre towels are great. You will need a towel for showering and on activities, so bring at least one.



KIT LIST

CONTINUED



ITEM	5 DAY ADVENTURE	7 DAY ADVENTURE	14 DAY ADVENTURE	19 DAY ADVENTURE	NOTES
WATCH (WITH ALARM IF POSSIBLE)	Yes	Yes	Yes	Yes	Don't just bring a phone for telling the time - the battery won't last long enough.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	1	1	1	1	This is a minimum number. Bring a rash vest if you have one. It's also a good idea to bring a couple of bin bags with you to carry any wet clothes in.
TOILETRIES, inc. blister kit, plasters, insect repellent, personal medication, lip salve, hand sanitiser, wet wipes, talcum powder (for your feet), etc.	Yes	Yes	Yes	Yes	Don't bring aerosols. Miniature toiletries would work well for saving space on the Ultimate Expedition. Don't forget asthma inhalers or epipens if needed.
£10 KIT DEPOSIT PLUS SPENDING MONEY	£	£	£	£	You won't need more than £10-15 per week for spending money. All centres have a small shop which sell healthy snacks and souvenirs.
FLIP FLOPS OR SANDALS	1 pair	1 pair	1 pair	1 pair	Makes taking your shoes off to get in your tent a lot easier (optional)!
CAMERA	1	1	1	1	Disposable cameras are great for taking home those amazing memories. Don't rely on your phone either - the battery won't last long enough.
WALKING POLES (OPTIONAL)	-	-	1 pair	1 pair	
SMALL SPORTS BAG OR HOLDALL	-	-	-	1	In addition to your regular suitcase or rucksack, a smaller bag will come in handy for use at base-camp.



WHAT NOT TO BRING!

You will be provided with walking boots, waterproofs, a rucksack, roll mat and sleeping bag where appropriate as part of your £10 refundable kit deposit. However, you are welcome to bring your own kit as well.

Our advice is to leave valuables such as jewellery, phones, iPods, etc. behind. Participants will have access to a safety deposit box and those travelling from abroad should ensure their passports and important travel documents are placed in it.

Aerosols and penknives are strictly prohibited at our centres.