

Kit List



Water Bottle

4 Comfortable long-sleeved tops (sweatshirts / jumper)

3 T-shirts (not vest type)

3 Pairs of trousers (not restrictive; sportswear is good)

1 Pairs of shorts (knee length)

4 Sets of underwear

5 Pairs of socks

3 Pairs of trainers

2 Towels

1 Waterproof coat

1 Warm hat / 1 Pair of warm gloves

1 Set of nightwear

1 Bag of toiletries (toothbrush, toothpaste, etc)

1 Black bin liner

1 Small rucksack / drawstring bag

1 Small teddy / cuddly toy IF desired

NO!

Electronics (iPads, smart watches, handheld consoles, etc)

Aerosols

Jewellery

Anything expensive!

Food or drinks