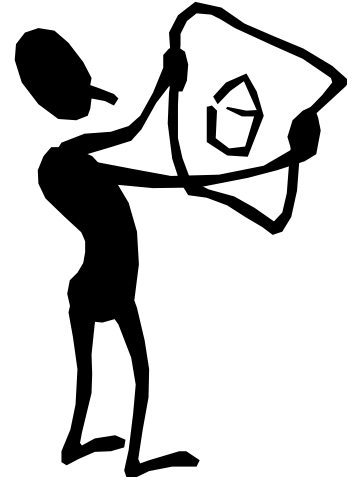


# Kit List

## High Adventure main site



This list represents the minimum kit required for a residential week at High Adventure. The only adjustment to be made for a shorter booking is the amount of clothing

- ✓ 2 x Large Towel
- ✓ Waterproofs (see note below)
- ✓ Indoor footwear (such as trainers)
- ✓ 2 pairs of outdoor footwear (that will get wet / dirty)
- ✓ Re-usable drinks bottle
- ✓ Comfortable indoor clothes
- ✓ 2 / 3 tracksuit bottoms or similar **(NOT JEANS)**
- ✓ 2/3 sweatshirts
- ✓ 2/3 T shirts
- ✓ Socks & underwear
- ✓ Gloves & hat
- ✓ Toiletry bag - shampoo, soap, toothpaste & brush
- ✓ Pyjamas / similar
- ✓ Tupperware box for packed lunch
- ✓ Small rucksac / daybag
- ✓ Medication (clearly labelled)
- ✓ Bin bags / carrier bags for wet clothes
- ✓ Torch and batteries
- ✓ Warm jacket
- ✓ Mug- **IF YOU WISH TO DRINK, YOU NEED A MUG!!**

**Waterproofs can be provided by High Adventure so don't go out and buy any.**

**Packed lunch for day of arrival - week days only**

**This list is for High Adventure site, there is a separate Kit List for Tent Village groups**

Q:/bookings & enquiries/group leaders pack/High Adventure kit list.doc