

## Kit List and Preparation

This event will be an adventure and, as with all true adventures, you will enter into it with only a limited idea of what challenges may confront you. No special abilities are demanded of you, only enthusiastic participation. We will ensure your safety and though we may ask you to extend yourself, we will not make you do anything which is beyond you. Our aim is to support you in succeeding, not to overwhelm you.

This week is time out, a break from ordinary life. There will be no television, little reception and few chances to reach a shop, but you will have fun, adventure and even some time to relax and enjoy the freedom that creates. You will end the day physically tired but refreshed in spirit; food will be good and plentiful (Parents, because of the mixture of ages, alcohol will be limited)

You will be in simple, shared cabin space and may bivouac one night; when you pack, keep to the minimum as you will need to be easily mobile. please bring mostly old clothes which could get grimy. The following list should include all you need whatever time of year you come. It is best to pack into a holdall or rucksack as your kit will need to be easily moved and squashed into limited spaces. Suitcases are NOT suitable! If you bring a holdall it will be necessary to have a daysack as well for the mountains. It is a good idea to trim your nails short before you come, when you are hauling canvas with wet hands you can easily tear a nail.

Three to four season sleeping bag (*this need not be expensive*)

Robust boots with ankle support for mountains

Wellingtons for sailing

Trainers or similar

2 or 3 long sleeved shirts.

2 or 3 T shirts/vests

2 or 3 jerseys or fleeces of various thickness

3 Pairs old trousers or tracksuit trousers.

Shorts

Socks and underwear for 6 days.

Warm hat and spare hat plus gloves

Water and windproof trousers and jacket (*mountain waterproofs will be OK for sailing, sailing overtrousers will be hard work on land so if you are bringing these we suggest you also get some cheap overtrousers for the hill*)

Swimming costume

Note book and pencil

Sunglasses

Wash bag and towel

Personal medication (*We suggest you bring some 'Stugeron' just in case of seasickness*)

Sun cream

Water bottle

Camera (*binoculars are great if you have a pair*)

Small torch (*headtorch is ideal*)

pocket knife (*it is perfectly legal to carry a non-locking pocket knife with up to 3" blade at any time; a simple knife can be £5, or a sailing knife with a marlinspike*)

You may have other things want to bring like snorkelling gear or fishing gear