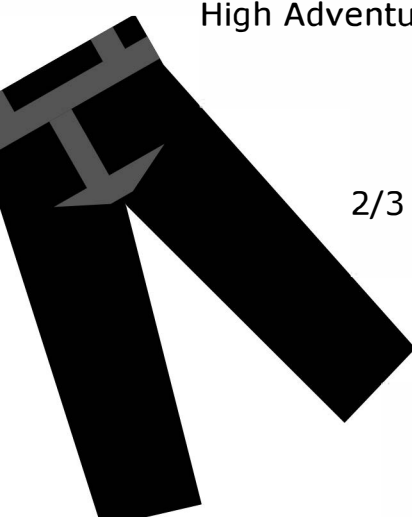








# Kit List



This list represents the minimum kit required for a residential week at High Adventure. The only adjustments you may need to make, is to bring less for a shorter stay.

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- 2/3 T-shirts
  - 2/3 Sweatshirts/hoodies
  - 2/3 Trousers - Tracksuit bottoms or similar (NO JEANS)
  - Socks & underwear (bring plenty)
  - Warm jacket
  - 2 x Large towels
  - Pyjamas/similar
  - Indoor footwear – trainers
  - Comfortable indoor clothes
  - Waterproofs (see note below \*)
  - Toiletry bag – Shampoo, soap, toothpaste & brush
  - 2 pairs of outdoor footwear (that will get wet/dirty)
  - Re-useable drinks bottle
  - Lunch box - To take lunch with you on activities
  - Medication (clearly labelled)
  - Small rucksack/day bag
  - Gloves & hat – for the cold weather
  - Sun cream – for the hot days!
  - Bin bags/carrier bags for wet clothes

\*Waterproofs can also be provided by High Adventure so don't worry if you don't have any\*

You will also need a packed lunch for day that you arrive.

If you are coming on a GCSE trip, in addition to the list above you may also want to bring:

- GCSE Cycling – Padded shorts & gloves are recommended.
- GCSE Rock climbing – Rock climbing boots/harness/helmet if you have your own.

### Additional Notes:

You could get wet each day if the weather is poor! We recommend you bring plenty of clothes to get changed into.

This list is for High Adventure main site, there is a separate kit list for tent village groups.