

Overseas Kit List

French Sailing and Multi-Activity Trips

The following is **ONLY** a guide of what to take with you, please bear in mind the time of year and any particular personal requirements when packing for your activity trip:

Waterproof Sunblock (essential) min Factor 25	Sleeping bag (essential)
Plastic Water Bottle (essential) min 1l vol	Pillow & Pillowcase
Trainers/Plimsolls (old ones you don't mind getting wet) or Wetsuit shoes **	Rash Vest ** (recommended)
Sunglasses (with retaining strap, also essential for spectacles)	Sun hat
Large plastic bag for any damp clothing on the return journey	Small torch
Lightweight, rainproof jacket (for the occasional shower & evenings)	Shoes (sensible)
Long-sleeved shirt/top, Tracksuit trousers/Jogging bottoms (1 pair) *	3 Towels (bath, beach & hand)
Tee shirts (6 or 7); Sweatshirt/jumper	Swimming costumes ***
Shorts (3 or 4 pairs) & Jeans/Long trousers (1 pair)	Pyjamas/Nightwear
Wash kit; Underwear; Socks	

- * These items may be worn during activities to protect against sunburn – under normal circumstances a tee shirt or rash vest and shorts with plenty of sun cream and a hat can be worn
- ** These items are available to purchase from Rockley Adventure in advance of the trip only
- *** Boys must wear "Speedo style" trunks when using the campsite swimming pools

Packing

When packing for your trip, we advise you to use a soft bag/holdall (the coach drivers will not accept any hard suitcases) no larger than 100cm x 40cm x 50cm which will be stowed in the luggage compartment of the coach. If you are packing your sleeping bag separately, please use a strong, clearly labelled plastic bag.

The Journey

When packing hand luggage for the coach and ferry crossing, we advise you take a small travel bag/rucksack for all your journey essentials (money, book to read, sweets/food/drink (not fizzy & no glass bottles and absolutely **NO** chewing gum), inexpensive/disposable camera). You should also keep your pillow and/or sleeping bag to hand to make sleeping during the journey more comfortable

DON'T FORGET:

- Your passport (if you are NOT on a group passport)
- Your EHIC card
- Label ALL clothing and belongings
- ALL medication **MUST** be clearly labelled and named
- Your RYA logbook (if you have one)
- Your money (Euros)

REMEMBER:

- Do NOT bring valuable items or mobile phones – public phones are available to use on the campsites
- Watersports are wet (!), so bring only old, inexpensive clothing
- Try to bring only what you need – this is an active holiday NOT a fashion parade!