

# UK Kit List

## UK 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 volume                       | Pillow & Pillowcase        |
| Trainers (old ones you don't mind getting wet) or Wetsuit shoes **   | Rash Vest ** (recommended) |
| Shortie Wetsuit ** (recommended in early season – April, May & June) | Sun hat                    |
| Sunglasses (with retaining strap, also essential for spectacles)     | Swimming costume/s         |
| 3 Towels (bath, beach & hand)  | Long-sleeved shirt         |
| Tracksuit trousers/Jogging bottoms *                                 | Underwear; Wash kit; Socks |
| Sweatshirt/jumper  | Shoes (sensible!)          |
| Jeans/Long trousers (1 pair)   | Tee shirts (5 or 6)        |
| Rainproof jacket (for the occasional shower)                         | Shorts (2 or 3 pairs)      |
| Large plastic bag for any damp clothing on your return journey       | Pyjamas/Nightwear          |

\* These items may be worn when sailing to protect against the elements – under normal circumstances a tee shirt or rash vest and shorts or better still a shortie wetsuit is what we would recommend (we provide waterproof tops and bottoms)

\*\* These items are available to purchase from Rockley Adventure in advance of the trip only

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

In addition, we advise you to bring a small travel bag/rucksack for all your journey essentials (money, book to read, sweets/food/drink, inexpensive/disposable camera, film, etc) and to use for any excursions during your stay.

### DON'T FORGET:

- Your passport (if you & your group are travelling from outside the UK)
- Your RYA logbook (if you have one)
- Your money (Sterling £)
- ALL medication **MUST** be clearly labelled and named
- Label ALL clothing and belongings

### REMEMBER:

- Do **NOT** bring valuable items or excessive jewellery and do **NOT** bring mobile phones – public phones are available to use locally
- 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