

# UK Kit List

## UK Trips

The following is a guide of what to take with you:

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, camera, extra 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