

This is 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)
Named water drinks bottle (essential)	Pillow & pillow case
Trainers/plimsolls (ones you don't mind getting wet) or wetsuit shoes**	Rash Vest** (recommended)
Sunglasses (with spec savers, also essential for spectacles)	Sun hat
Lightweight, rainproof jacket (for the occasional shower & evenings)	Small torch & batteries
Long-sleeved top/shirt & tracksuit trousers/jogging bottoms (1 pair)*	Shoes (sensible) for dry/land activities
Shortie wetsuit** (recommended in April, May & June)	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
Large, sturdy plastic bag for damp/dirty clothing	Wash kit; Underwear; Socks

* These items can be worn when sailing to protect against sunburn – under normal circumstances a tee shirt or rash vest and shorts or shortie wetsuit with plenty of sun cream and a hat can be worn.

** These items are available to purchase from Rockley Shop in advance of the trip only.

*** Boys must wear "Speedo style" trunks – baggy swim shorts are not allowed in the campsite swimming pools.

FOOTWEAR

All pupils are required to wear appropriate footwear whilst taking part in activities.

- Whilst taking part in activities pupils must wear full toe protection footwear; this is footwear that covers the whole foot and will not fall off easily. ie trainers or wetsuit shoes/boots NOT flipflops, jelly sandals, mules etc
- Please be aware that pupils will require both wet and dry activity footwear. Pupils who do not have appropriate footwear will be unable to take part.

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. Please label ALL of your belongings - that way if you leave anything behind we have a chance of returning it to you! Please note that we do make a charge for returning lost property by post.

THE JOURNEY

When packing 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, etc) and your pillow and/or sleeping bag to make sleeping, during the journey, more comfortable.

DO NOT FORGET ...

Your passport (if you are NOT on a group passport)
Label ALL clothing and belongings with your name
All medication MUST be labelled and named
Your RYA logbook (if you have one)
Your money in Euros (€)
Your European Health Insurance Card (EHIC)

REMEMBER ...

NO valuables & NO mobile phones
NO excessive jewellery
Watersports are wet, so bring only old, inexpensive clothing
Bring ONLY what you NEED - this is an activity holiday NOT a fashion parade!

ROCKLEY ADVENTURE KIT

WHAT TO WEAR

Sailing does not require much specialist clothing especially in the warmer climates of south west France - you can wear tee shirts and shorts or long sleeved tops and trousers with extra layers if it is cooler, topped off with a wind- and spray-proof top. However, for maximum comfort and enjoyment we advise swimming things worn under shorts and a rash vest and wetsuit shoes to protect feet - a shortie wetsuit is also a good option and these are widely available at very reasonable cost.

RASH VESTS

Our rash vests also come in two colours. This top will protect you from wind and sun, is light and comfortable to wear, dries incredibly quickly and is perfect to wear on its own or underneath a wetsuit. With a Rockley rash vest you won't need to bring much else to wear on activities (just shorts and swimming things!) plus you'll look super cool when out on the water!

Junior and Adult sizes £20.00

MID BLUE



SAILING FOOTWEAR

Our wetsuit shoes are highly recommended (although you can wear old trainers or plimsolls) you can choose any colour you like as long as it is black! They are comfortable to wear, grip in the boat and on boards and dry quickly (so you are not putting on damp things in the mornings).

Junior and Adult sizes £15.00



WETSUITS



GLOVES



XS, S, M, L - £15.00

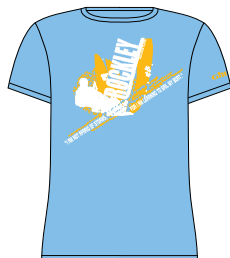
Junior & Adult sizes £40.00

TEE SHIRTS - LAST OF 2011 STOCK

(while stocks last!)

Our tees are a great memento of your trip with Rockley Adventure and mums and dads will be pleased to hear are fantastic quality. We have a range of sizes to suit our smallest sailors, teenagers and adults too.

LIGHT BLUE



MARINE BLUE



SALE OF 2011 TEES:

JS & JM ~~£10~~ now only £7.00

ADULT S, M & L ~~£15~~ now only £10.00

To order any of our kit please
visit our online shop at
www.rockleyshop.co.uk

MAKE SURE YOU ORDER WELL BEFORE YOUR
TRIP WITH US SO WE CAN GET YOUR KIT TO
YOU IN TIME!