

School Kit List

The following kit list has been designed to help you assemble the recommended kit for the School Adventure week to the Pyrenees.

* = Kit hire option.

Have	Hired / Returned	Item Required	Description / Comment / Handy Hints	Packed / Repacked
	*	Waterproof jacket	Waterproof, windproof and breathable. Must be suitable for the conditions you are likely to encounter. No sports tops, shell suits or building site waterproofs.	
	*	Waterproof over trousers	Waterproof, windproof and breathable. A knee length zip is useful for getting on and off. No track suits or sports trousers.	
	*	Day pack 35-40 ltrs	Needed for extra clothing layers, waterproofs, packed lunch, water, camera etc. during mountain trek and activity days away from the centre.	
		Waterproof liner for backpack	Place a waterproof backpack liner inside to protect kit. Rain covers are popular but blow off in high winds and prevent easy access to your pack.	
	*	Walking boots	Good ankle support and sturdy non-slip sole to protect ankles when on uneven terrain.	
		Micro fleece	Thin fleece layer, ideal for summer evenings as the sun goes down.	
		Casual shirts	For activity and casual use. A long sleeved shirt with collar for protection against the sun.	
		Casual trousers	For casual use after activities and relaxing.	
		Hoodie or fleece outer layer	Thicker layer in addition to micro fleece for colder days and mountain day.	
		T shirts	For activity and casual use. Have 1 thermal T shirt as a base layer for wet sports/cold.	
		Activity socks	Specialist walking socks give greater comfort over rough terrain and help to prevent blisters. Re' blisters think prevention rather than cure.	
		Underwear / Sports bra	Comfortable, close fitting underwear such as trunks or jockeys or the Pop and go knickers for comfort and ease.	
		Swimming costume	In some countries baggies or board shorts are not permitted in public swimming pools but OK for rivers, lakes etc.	
		Activity/walking trousers	Lightweight walking trousers, with or without zip-off legs and cargo pockets are ideal. No jeans for activities.	
		Shorts	Can be part of zip-off walking trousers.	

Have	Hired / Returned	Item Required	Description / Comment / Handy Hints	Packed / Repacked
		Wet shoes	Secure fitting, quick dry shoes for water sports, not crocks or flip flops.	
		Trainers	For indoor and outdoor use.	
		Sun hat & warm hat	Broad brim sun hat for protection from sun. Warm hat or beanie for the cold.	
		PJ's/Nightwear	To suit personal needs.	
		Hand or Head torch (optional)	Head torches allow for hands free usage. Small and lightweight. Take spare batteries.	
		Water bottle or bladder.	Have the ability to carry at least 1-2 ltrs of water.	
		Wash kit & quick dry towel	Quick dry, light weight towel is ideal. Wash kit to suit your needs.	
		Personal first aid kit	For minor cuts, blister prevention and short term pain relief.	
		Personal medication	Asthma inhalers, epi-pens, antihistamine, spare glasses, contact lenses etc.	
		Money	A small amount of local currency for sweets, batteries etc.	
		Sun cream	Use high factor waterproof cream and apply often, suitable for water sports.	
		Sunglasses with secure attachment (optional)	Good for bright summer conditions when outdoors for long periods of time.	
		Notebook and pen	You will need both these items for Orienteering, team tasks and completing the JM Award.	
		Insect repellent	If you react badly to insect bites, take suitable medication e.g. antihistamine.	
		Camera, ipod & personal luxuries	Make sure you have suitable waterproofing and protection for your personal electrical items.	
		Passport, EHIC, money, insurance & travel documents.	Check expiry date of Passport. Get your European Health Insurance Card from www.ehic.org.uk . Know what you are insured for and what you are not.	