

Kit List - Ardèche River Activity Trip

What to bring

Your clothes are likely to suffer wear and tear and also get dirty and wet. Please bring several changes of old clothes for activities - not jeans. All tops worn during activities must cover your shoulders to protect you in the sun.

General

Underwear
Suitable nightwear
Long and short-sleeved T-shirts
1 pair trainers/shoes suitable for walking
1 or 2 sets of clothes for evenings

For activities

1 pair old trainers/canvas or plastic shoes (may get very wet / muddy) (must be closed toe - no crocs)
Old clothes – long-sleeved T-shirts, leggings, sports clothing
Fleeces/sweatshirts
Swimming costume/trunks
Rash vest
Shorts - knee length, no hot pants or denim
Sun hat/Baseball hat
Waterproof jacket/cagoule
Glasses retainer strap, suitable for watersports (if required)
Waterproof mobile phone pouch

Additional items and toiletries

Sleeping bag, pillow and bed sheet
Torch
Wash bag
Towel for showering
Old towel for wet activities
High factor sun cream (min. SPF 30)
Insect repellent & bite cream
Labelled plastic bags for wet/dirty/spare clothes
Small rucksack for days out
Drinks bottle

Whilst travelling

Food and a drink for your journey
Spending money (Max £200)

Please don't bring

Jewellery/valuables etc.

Lost Property

Please label everything your child brings. Children are responsible for their own belongings – it may be useful to provide a list of items packed. Lost property is hard to track down after a visit and there is a small charge for returning items.