

COBNOR ACTIVITIES CENTRE
14 TO 16 KIT LIST



On the 14 to 16 Expedition Camps you have to think for yourselves a bit more! For most of the week you will be away from the Centre, so you will need to travel light. Please bring old clothes that you do not mind getting dirty or wet.

When we do wet activities we will provide wetsuits, Cag tops, salopettes and buoyancy aids, if you do not already have your own.

The following is required kit for participants to bring:

Check
List

- Sleeping bag (3 season+)
- Carry mat
- Nightwear - consider you will be sleeping outside
- Wash kit - wipes, toothbrush and toothpaste etc
- 2 towels
- Enough clothes to change into for the duration of your stay
 - T-shirts and sweatshirts
 - Shorts and tracksuit bottoms or leggings
 - Underwear and socks
- Waterproofs (tops and bottoms)
- Footwear suitable for walking, cycling and water activities e.g. trainers, plimsolls, wetsuit boots. **NOT** Wellington boots or flip flops.
- Sun cream (factor 20+)

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- Sunglasses
 - Torch and spare batteries
 - Warm hat and/or sun hat and gloves
 - Book to read, cards or similar
 - Bin liner or similar for dirty clothes
 - Kit bag for storage
 - Small daysack suitable for wearing hiking and cycling (around 25 litres)
 - Bivi bag (optional)
 - Knife, spoon, fork, bowl, plate, **WATER BOTTLE** and mug suitable for hot drinks (no china)
 - Pocket money - max £10
 - Snack food if you wish
 - Cycle helmet - if you have and wish to bring your own mountain bike you may do so. This will be at your own risk.
 - Please do not bring any valuables** or good clothing. **MOBILE PHONES and electrical items are not recommended.**
 - Please do not bring pocket knives** or any other sharp objects
- Please pack all items into a rucksack as these will be transported for you to the camp