

## ADVENTURE CARRICK

### A suggested list for what to bring on outdoor days and overnight camps

ITEM	ACE DAY (Land)	ACE DAY (Water)	OVERNIGHT CAMP	NOTES
Sports/School bag or large rucksack	Yes	Yes	Yes	Exped packs available from stores. 60L volume. Include inner liner
Trainers/sandals		1	1	Travelling to activity and spare dry pair.
Wet activity footwear		1 Pair	1 Pair	Ideal for watersports days as fairly light and fast drying
Old training shoes	1	1 Pair	1 Outdoor	Old trainers for watersports or for getting wet/muddy
Trousers/Tracksuit bottoms	1	1	2	For travel, casual wear after activity. NO JEANS ALLOWED
Tshirts	1	1	3	Tops that cover shoulders from the sun
Long sleeved tops/Fleece/Jumper/Hoodie	1	1	2	Warm layer for after activity. Spare for camp.
Shorts	1	1	2	Casual for around camp. Spare for watersports
Night wear			1 Set	Shorts/Tshirt or pyjamas. Dependent on season
Underwear inc socks	1	1	4	Change of clothes required for each day. Min number required.
Thick walking socks	1		2 Pair	Include a change of socks. No ankle socks as they can cause blisters
Sunhat, suncream, sunglasses	1	1	1	All year round
Sleeping bag or Liner			1	3 season synthetic preferable. Dries quicker. Available from ACE
Torch(head torch or handheld)	Yes		Yes	Autum/Winter days only. Yes for camping/expeditions all year
Warm hat and gloves	Yes		Yes	Recommended for camp all year round. Autum/Winter days.
Towel		1	2	Microfibe towels are light and fast drying.
Swim wear/Extra shorts/Tshirt		1	1	Guys to wear boxers under wetsuits. No baggy shorts.Girls swimsuit.
Waterproof jacket/Trousers	1	1	1	Recommended for all activities
Drinks bottle	1	1	1	Refillable and screw top preferable.
Pillow/Pillow case			1	Pillow case can be used to stuff clothes to make a pillow
Camera/Phone	1		1	At own risk. Waterproof cameras preferable.
Toiletries			Yes	Soap/Shampoo/Toothpaste/toothbrush/Sanitiser/wipes/lip salve
Packed lunch/Clear fluids/Snacks	Yes	Yes	Yes	Carried in a bag. Enough fuel for the duration of the activity.
Medication	Yes	Yes	Yes	If described on consent form. Must be carried on activity. In a bag.

All packs should have an inner waterproof liner such as a bin bag. Food/Drinks stored in box/carrier bag. Spare carrier bag for wet/soiled kit.