**KIT LIST**

**REQUIRED/ESSENTIALS ✍**

Complete set of spare clothes (suitable for outdoor use)

Warm jumper/hoodie, hat & gloves

Sturdy footwear

Suitable clothing/footwear for paddle boarding

Waterproof jacket & Trousers

Toiletries/Wash kit/Towel

KFS (Knife, Fork, Spoon) & mug

Water bottle

Sleeping bag for appropriate season (time of year)

Torch

Insect repellent

Personal medication

Snacks (evening meal, Lunch and breakfasts supplied)

Bin bag for wet clothes

Face mask/shields for camp duration

**DESIRABLES**

Sleeping mat/Yoga mat

Plate

Camping chair

Camp bed

Spare footwear

Rucksack

Disposable gloves

**NB:** Equipment not used can be left in your vehicle