

## Activity kit list

### **Packed lunch for first day**

#### **General**

Drinks bottle (this will be refilled each day for lunch)  
Packed lunch box  
Plenty of old clothes  
Small day rucksack  
Towel X 2 (one for washing and one for wet activities)  
Wash things  
Hat / Gloves (weather dependent)  
Torch  
Black bag (for dirty or wet kit to be taken home)  
Comfy shoes/slippers (for inside the hostel)  
Sun cream / Insect repellent  
Sun hat

#### **Water Activities**

Trainers to wear into the water (Wetsuit boots or beach shoes are **not** acceptable – please bring trainers)  
Swimwear  
Towel  
Full Change of clothes including warm jumper or fleece

Please note - Wetsuits will be used for watersports if the weather is inclement otherwise old clothes can be worn with a spare pair of dry clothes to change into after the activity.

#### **Land Activities**

Waterproof Jacket (& trousers although not essential)  
Tracksuit bottoms or similar (**No Jeans**)  
Shorts – mid thigh to knee length  
Warm jumper or fleece,  
Long sleeve tops and T-shirts  
Stout footwear

**Please note – trousers/ leggings and tops that cover the shoulders and stomach must be worn due to the nature of the activities.**

- Shoes are also important, please ensure you have a pair for getting wet in, plus a pair for dry activities, a pair for inside are ideal as well.
- Weather is unpredictable at the best of times not more so than on Dartmoor, please ensure you bring appropriate clothing for all weather.
- Money - we have a small shop on site, which sells souvenirs, drinks and sweets, so you may want to bring a small amount of money. No more than £10 please.

**No mobile phones or electronic devices are permitted on site. This ensures that these items are not lost or damaged and for safeguarding reasons.**

**PLEASE LABEL ALL BELONGINGS**