



## ADVENTURE TRAINING PACKING LIST – Ex SPRING STEP

(this is a suggested packing list for the Spain trip)

GOT	PACKED	QTY	ITEM	
<b>CLOTHING FOR ACTIVITIES</b>				
		1	Walking boots	(broken in)
		1	Trainers	(for biking/climbing)
		1	Kayaking footwear	(can be the trainers above if needed)
		2	Walking socks	(woollen based loop stitch, no cotton or nylon)
		2	Walking/climbing trousers	(light and not restricting, NOT jeans)
		2	Shorts	(for kayaking and biking)
		4	T-shirts	(ideally lightweight quick drying type)
		2	Long sleeve top	(as above, to prevent sunburn etc)
		1	Mid layer fleece top	(think several thin rather than one thick layer)
		1	Waterproof jacket	(ideally windproof too)
		1	Gloves	
		1	Sun hat &/or Warm hat,	(as appropriate)
<b>PERSONAL CLOTHING</b>				
		1	Casual footwear	(for 'off duty' wear in the evenings)
		1	Flip flops/sandals	
			Socks	(as appropriate for a clean pair each day)
			Underwear	(as appropriate for a clean pair each day)
			Nightwear	(as appropriate for the length of the trip)
			Casual/respectful clothing	(evening wear, age appropriate, non-revealing)
		1	Tracksuit	(not a school tracksuit)
		1	Swimming shorts/costume	
		1	Swimming cap	(a requirement for use of the <i>indoor</i> hotel pool)
<b>PERSONAL EQUIPMENT</b>				
		1	Walkers rucksack/daysack	(15-20 ltr for use when hiking/climbing/biking)
		2	Water bottle	(including spare water/drinks bottle)
		1	Wash kit/toiletries	
		2	Towel	(including spare towel for water activities)
		1	Watch	
		1	Torch and Spare Batteries	
		1	Padlock and Spare Key	
		1	Personal first aid/blister kit	
		1	Wet Wipes/Hand Sanitiser	
		1	Lip balm	
		1	Sun screen	
		1	After sun	
		1	Insect repellent	
		1	Notebook and Pencil	
		1	Polythene Bag/dry bag	(waterproof to line daysack)
		1	Laundry bag	(bag for dirty laundry)
		#	Pocket Money	
<b>OPTIONAL KIT</b>				
		1	Sun glasses	
		1	Personal sewing kit	
		1	Flask (Unbreakable)	
		1	2-3 ltr Hydration System	(i.e. camelbak type, optional)
		1	Padded cycling shorts	
		1	Cycling gloves	
		1	Swimming goggles	
		1	Gym/canvas shoes	(suitable for climbing/kayaking)
		1	Climbing shoes	(if owned already i.e. experienced climber)
		1	Mosquito net	
		1	Spare boot laces	
			Comfort items	(book, cards etc)