

CAMPING KIT LIST

WARM SLEEPING BAG & PILLOW

A three season single bag is great

TWO TOWELS

For showering & wet activities

PYJAMAS OR A ONESIE

Just one is plenty. Make sure its warm

UNDERWEAR & SOCKS

Enough to last the week

SWIMWEAR

Trunks or an all in one costume

WARM JUMPER/FLEECE

Just one is plenty

T-SHIRTS

Enough to last the week

LIGHT LOOSE FITTING TROUSERS

Tracksuit trousers are perfect

OLD TRAINERS FOR THE WATER

Current size

TRAINERS FOR DRY ACTIVITIES

They're going to get muddy

WATERPROOF TROUSERS & JACKET

Likely to get dirty

WARM JACKET

Make sure its easily identified

A HAT

Sunhat or a woolly hat

TOILETRIES & SUNSCREEN

Shampoo, soap, toothpaste etc.

A TORCH

A small hand held one is perfect

PERSONAL MEDICATION

Inhaler etc.

REFILLABLE DRINKS BOTTLE

Make sure its easily identified

RUCKSACK FOR DAILY USE

Double shoulder strap

ONE COMPLETE SET OF CLOTHES
TO KEEP DRY

Additional shirt, trousers etc.

DRINKS WATERBOTTLE

Address: Unit 14, Jaden Centre, Prospect
Business Park, Swanage, Dorset, BH19 1EJ
Contact: 01929 423031 | info@landandwave.co.uk
Visit: www.landandwave.co.uk



LAND&WAVE
ADVENTURE | PEOPLE