



# ADVENTURE KIT LIST

This Kit List is to help you pack and to make the most of your Abernethy Adventure Experience.

Remember it is important to have plenty of old clothes that you do not mind getting wet or muddy!

## » GENERAL CLOTHING ESSENTIALS

- Sweatshirts/**hoodies**
- Casual trousers/jeans
- T-shirts** & shorts
- Socks & underwear
- Suitable Nightwear
- Indoor shoes/trainers/ slippers

## » OUTDOOR CLOTHING ESSENTIALS

- Fleece/warm sweatshirts
- Waterproof jacket
- Old trousers/tracksuit bottoms (Not jeans)
- Old trainers/sturdy footwear that can get wet
- 1 pair long/soft socks
- Hat & gloves

## » OTHER ESSENTIALS

- 2 towels
- Swimming kit
- Wash kit, including **shampoo, toothpaste** etc
- Small personal first aid kit– any medication you need
- Drinks flask/ water bottle** (non-breakable and named on the side)
- Small day sack

## » RECOMMENDED/OPTIONAL ITEMS

- Change for vending/games machines— 20p & 50p
- Sunglasses
- Insect repellent/anti-midge cream
- Sun cream, after sun & sun hat/**baseball cap**
- Torch
- Inexpensive/disposable camera
- Bin bag for bringing wet or muddy kit home
- A **Bible** if you have one

## » PACKING TIPS!

- 1] Make sure your belongings are clearly named where possible.
  
- 2] Tick the items off as you pack them, and bring this list with you so you have a record of what you brought. This will help you pack again for returning home.
  
- 3] Don't get someone to pack your bag for you—make sure you lend a hand so you know what you have with you!

## » LEAVE AT HOME

We ask that you DO NOT bring expensive electronic devices with you. Please also leave at home aerosol deodorants, matches, and penknives.

## » SOUVENIRS & MERCHANDISE

Abernethy has a small Centre Shop selling various snacks, essentials and souvenirs such as our popular Abernethy T-shirts & Hoodies. Prices for Abernethy clothing range from around £8.00 for a child's T-shirt to £25.00 for an adult hoodie.

## » SPECIALIST EQUIPMENT

We will provide all specialist adventure activity equipment such as helmets & harnesses. We are able to supply the following items for you to borrow from our stores should you need them:

- Waterproofs
- Walking Boots
- Rucksacks
- Sleeping Bags

[www.abernethy.org.uk](http://www.abernethy.org.uk)

Items shown in bold are usually available at the Centre Shop at very reasonable prices.