

# **KIT LIST**

1. FOOTWEAR AND SOCKS, OLD TRAINERS ARE IDEAL AS THESE WILL GET WET.
2. TRACKSUIT BOTTOMS / SHORTS THESE WILL GET WET
3. WATERPROOF TROUSERS IF POSSIBLE
4. 1 TEE-SHIRT & 1 SWEATSHIRT
5. COMPLETE CHANGE OF DRY CLOTHES
6. TOWEL & TOILETRIES
7. ANY MEDICATION REQUIRED

HELMETS, BOUANCY AIDS AND SPRAY TOPS WILL BE PROVIDED.  
DRY WETSUITS WILL ALSO BE PROVIDED FOR THE GROUPS THAT PARTAKE IN WINDSURFING.