



Lake District Trip Clothing list



Notes

It is worth pointing out that a week away from home in the mountains is a lot of fun. Real Adventure will provide everyone with the technical equipment that is required for each activity and, where needed, they have walking boots, waterproofs, jackets, trousers, day rucksacks, water bottles, really warm jumpers and a few spare hats and gloves for those who forget or do not have their own.

It is best if the kit taken to the Lake District is packed by the person who is going to be using it. That way, there is a greater chance of clothing returning home.

From the bottom up...

- wellies (for caving) but can be provided by Real Adventure
- trainers x 2 (one pair for getting wet, one for wearing when travelling)
- Crocs or Flip Flop type shoes to wear around the accommodation
- 2 pairs of thick socks and a few more for when not on activities
- 2 pairs of tracksuit bottoms or cotton trouser (not jeans)
- jeans or trousers or leggings for the evenings
- shorts
- underwear, 2 more than the number of nights' stay
- T-shirts long and short sleeve
- thermal top if you have one (skins)
- jumper/hoodie
- fleece
- woolly hat
- sun hat
- gloves

For the accommodation & sleeping...

- sleeping bag, one that compresses down into a small pack is essential (this is needed both in our accommodation and for the mountain expedition)
- tooth brush and tooth paste

- shower gel
- shampoo
- Pyjamas
- 2 towels, one for the activities (canoeing and ghyll scrambling) one for showering
- bin liner for wet / used clothes

For the days out...

- sun cream
- camera, this will be the child's responsibility to look after and use
- water bottle with screw lid
- personal first aid / medical items
- Snacks: trail mix – raisins, energy bars or malt loaf for mountain day (Walking up a mountain can consume approximately 400 calories per hour!)
- Pocket money – maximum £25 please

**Please
help ...**

Space on the minibuses is very much at a premium. Your child's bag should be a soft small holdall and not a hard suitcase or large bag. Thank you for your co-operation.