

# KIT LIST

## WHAT TO TAKE WITH YOU ON YOUR ROCKLEY ADVENTURE

THIS IS A GUIDE OF WHAT TO TAKE WITH YOU. PLEASE BEAR IN MIND THE TIME OF YEAR AND ANY PARTICULAR PERSONAL REQUIREMENTS WHEN PACKING FOR YOUR ACTIVITY TRIP:

- Waterproof Sunblock (essential) factor 50
- Named sports drinks bottle (essential)
- Trainers/plimsolls (ones you don't mind getting wet)
- Wetsuit shoes\*\*
- Sunglasses (with glasses strap, also essential for spectacles)
- Lightweight, rainproof jacket (for the occasional shower & evenings)
- Long-sleeved top/shirt & tracksuit trousers/jogging bottoms (1 pair)\*
- Shortie wetsuit\*\* (recommended in France, essential in the UK)
- Tee shirts \*\* (6 or 7); Sweatshirt/jumper
- Shorts (3 or 4 pairs) & jeans/long trousers (1 pair)
- Large, sturdy plastic bag for damp/dirty clothing
- Sleeping bag (essential)
- Pillow & pillow case
- Rash Vest\*\* (recommended)
- Insect repellent
- Sun hat
- Small torch & batteries
- Shoes (sensible) for dry/land activities
- Towels (bath & beach)
- Swimming costumes\*\*\*
- Pyjamas/Nightwear
- Wash kit; Underwear; Socks

\* These items can be worn when sailing to protect against sunburn – under normal circumstances a tee shirt or rash vest and shorts or shortie wetsuit with plenty of sun cream and a hat can be worn.

\*\* These items are available to purchase from Rockley Shop in advance of the trip only.

\*\*\* Boys must wear "Speedo style" trunks – baggy swim shorts are **NOT** allowed in the campsite swimming pools.

### FOOTWEAR

All pupils are required to wear appropriate footwear.

- Whilst taking part in activities pupils must wear full toe protection footwear; this is footwear that covers the whole foot and will not fall off easily. ie trainers or wetsuit shoes/boots NOT flip flops, jelly sandals, mules etc
- Please be aware that pupils will require both wet and dry activity footwear. Pupils who do not have appropriate footwear will be unable to take part.

### PACKING

When packing for your trip, we advise you to use a soft bag/holdall (the coach drivers will not accept any hard suitcases) no larger than 100cm x 40cm x 50cm which will be stowed in the luggage compartment of the coach. If you are packing your sleeping bag separately, please use a strong, clearly labelled plastic bag. Please label ALL of your belongings - that way if you leave anything behind we have a chance of returning it to you! Please note that we do make a charge for returning lost property by post.

### THE JOURNEY

When packing for the coach and ferry crossing, we advise you take a small travel bag/rucksack for all your journey essentials: money, book/magazine to read, inexpensive/disposable camera, your pillow and/or sleeping bag to make sleeping, during the journey, more comfortable. Sweets/food/drink (not fizzy & no glass bottles) and absolutely NO chewing gum

#### DO NOT FORGET

- ✓ Your passport\* (if you are NOT on a group passport)
- ✓ Label ALL clothing and belongings with your name
- ✓ All medication **MUST** be labelled and named
- ✓ Your RYA logbook (if you have one)
- ✓ Your money in Euros\* (€)
- ✓ Your European Health Insurance Card\* (EHIC)

\* For French Trips

#### REMEMBER

- ✓ NO valuables & NO mobile phones
- ✓ NO excessive jewellery
- ✓ Watersports are wet, so bring only old, inexpensive clothing
- ✓ Bring **ONLY** what you **NEED** - this is an activity holiday NOT a fashion parade!

# KIT LIST

[WWW.ROCKLEYSHOP.CO.UK](http://WWW.ROCKLEYSHOP.CO.UK)

TO ORDER ANY OF OUR KIT AND TO CHECK OUT MORE OF OUR GOODIES, PLEASE VISIT OUR ONLINE SHOP

## What to Wear

Sailing does not require much specialist clothing especially in the warmer climes of south west France. You can wear T-shirts and shorts or long sleeved tops and trousers with extra layers if it is cooler, topped off with a wind and sprayproof top. However, for maximum comfort and enjoyment we advise swimming things worn under shorts with a rash vest on top and wetsuit shoes to protect feet. A shortie wetsuit is also a good option and these are widely available at a very reasonable cost.



## SAILING SHOES

- ✓ Comfortable to wear
- ✓ Offers grip in the boat & on boards
- ✓ Quick drying



## RASH VESTS

- ✓ SPF UV 50 rating
- ✓ Protects from the wind & sun
- ✓ Light & comfortable
- ✓ Quick drying
- ✓ Perfect worn on its own or under a wetsuit



## GLOVES

MAKE SURE YOU ORDER WELL BEFORE YOUR TRIP WITH US SO WE CAN GET YOUR KIT TO YOU IN GOOD TIME!

# WHAT TO WEAR