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**Activity kit list for DofE Multi Activity Residential.**

1. **Toiletries – towel, shower gel, toothpaste and toothbrush, hair brush, deodorant etc.**
2. **Trainers x 2. One pair to get wet. One that you are happy walking about in**
3. **Underwear for four days**
4. **2 pairs of old trousers**
5. **2/3 jumpers**
6. **3/4 t-shirts**
7. **Shorts to get wet and wear over a wetsuit**
8. **Warm hat (depending on the forecast for the week)**
9. **Sun hat**
10. **Sun cream**
11. **Water proof coat and trousers (depending on the forecast again)**
12. **Sleeping Bag**
13. **Bikini / swim shorts to wear underneath wetsuit.**
14. **Pillow**
15. **Any prescribed medication (to be handed in to leader)**
16. **Small torch if you have one**
17. **Pyjamas / night clothes / onesie**
18. **Evening chill out clothes if we go to the beach**

