

Activity kit list for DofE Multi Activity Residential.

- Toiletries – shower gel, toothpaste and toothbrush, hair brush, deodorant etc.
- 2 x Towel (one for water activities, one for showers)
- 2 x Trainers (One old pair to get wet for water sports. One that you are happy walking about in)
- Indoor shoes (e.g. flip flops, sliders, slippers)
- Underwear for four days including some long socks
- 2 x old trousers
- 2/3 x jumpers
- Thermals/ fleece
- 3/4 x t-shirts
- Shorts
- Old shorts to get wet and wear over a wetsuit
- Warm hat (depending on the forecast for the week)
- Sun hat
- Sun cream
- Waterproof coat (and trousers depending on the forecast)
- Sleeping Bag
- Single bottom bed sheet
- Pillow
- Swimwear / swim shorts to wear underneath wetsuit.
- Any prescribed medication (to be handed in to leader)
- Small torch if you have one
- Pyjamas / night clothes / onesie
- Evening chill out clothes
- Day bag
- Water bottle
- Lunch box
- Plastic bag for wet stuff