

Notes

Its worth pointing out that a week from home in the mountains is allot of fun and when having this style of fun what you are wearing does not matter as long as you are warm well fed and relatively dry.

Real Adventure will provide everyone with the technical equipment that is required for each activity and where need, we have waterproofs jackets and trousers, day rucksacks, water bottles, really warm jumpers, walking boots, wellies and a few spare hats and gloves for those who forget or don't have their own.

The kit for your time with us is best if it is pack by the person who is going to be using it, that way there is a greater chance of clothing returning home, name badges help with this too.

From the bottom up...

- Boots or approach shoes suitable for rough terrain
- Wellies
- Trainers x 2 (one pair for getting wet, one for knocking around the accommodation)
- 2/3 pairs of thick socks and a few more for when not on activities.
- 2/3 pairs of tracksuit bottoms (not jeans)
- something for the legs for the evenings (jeans or trousers)
- Shorts for when it is hot (this happens all the time ;-)
- underwear, 2 more than the number of nights stay
- T-shirts long and short sleeve
- thermal tops if you have them
- 2/3 jumpers - fleece is best, brushed cotton next best thing
- wooly hat
- sun hat
- gloves / mittens

For the accommodation & sleeping...

- sleeping bag
- tooth brush and tooth paste
- sower gel
- shampoo if required
- PJ's
- 2 towels, one for activity one for clean
- big bag to get it all there
- bin liner for wet / used clothes

For the days out...

- waterproof tops and bottoms
- sun cream
- rucksack with 2 straps
- camera if you wish but nothing expensive
- water bottle with screw lid
- personal first aid / medical items