

A week away from home in the mountains is a lot of fun. Clothing that will keep you warm, dry and comfortable will ensure this fun lasts as long as it can.

The kit for your time with us is best packed by the person who is going to be using it, so they know what they have and as a result, there is a greater chance of it returning home.

Adventure kit - YOU NEED TO BRING	
Underwear - 2 x more than the number of nights stay	
2-3 pairs of LONG THICK socks	
2-3 pairs trousers - outdoor / joggers / leggings - NO JEANS	
T-shirts - long & short sleeve	
Thermal top (if you have one)	
2-3 jumpers - fleece, merino wool or cotton	
Warm hat* / gloves* / sun hat - all can be required in the same week!	
Trainers for wet activities	
Towel & plastic bag for wet activities	
Lunch box	
Water bottle* - 1 litre (or 2 x 500ml)	
Sun cream	
Personal medication	

Adventure kit - bring or borrow*	
Walking boots or approach shoes	
Wellingtons	
Waterproof top & bottoms - with taped seams	
Rucksack - 20-30L with padded shoulder straps	
Fleece jumper	

Other	
Enthusiasm and courage to get involved in everything during your residential	
Sense of humour	
Supportive and encouraging manner	

Accommodation kit - YOU NEED TO BRING	
2 sets casual clothes	
Pajamas	
Washbag & toiletries	
Towel	
Trainers & indoor shoes	
Bin bag for wet / dirty clothes	
Book / journal / small game - optional	
Cuddly toy - optional	

Accommodation kit - VENUE DEPENDENT: YHA venues provide all bedding Bunkhouse venues: - ALL REQUIRE sleeping bags - Some require pillows	
Sleeping bag (or duvet and bed sheet)	
Pillow & pillow case	

\* Real Adventure will provide everyone with the technical equipment that is required for each activity. Where needed, we have waterproof jackets and trousers, day rucksacks, fleece jumpers, walking boots and wellies. We also have a few spare hats and gloves and water bottles for those who forget or don't have their own.