

**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
* Water proof 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
* Mid-week Lateral flow testing kit
* Face mask and hand sanitiser
* Day bag
* Water bottle
* Lunch box
* Plastic bag for wet stuff

