

ADVENTURE KIT LIST

This Kit List is to help you pack and to make the most of your **Abernethy Adventure Experience**.

Remember it is important to have plenty of old clothes that you do not mind getting wet or muddy!

» GENERAL CLOTHING ESSENTIALS

- Sweatshirts/hoodies
- Casual trousers/jeans
- T-shirts & shorts
- Socks & underwear
- Suitable Nightwear
- Indoor shoes/trainers

» OUTDOOR CLOTHING ESSENTIALS

- Fleece/warm sweatshirts
- Waterproof jacket
- Old trousers/tracksuit bottoms (Not jeans)
- Old trainers/sturdy footwear that can get wet
- 1 pair long/soft socks
- Hat & gloves (For hillwalking & dry-slope skiing)

» OTHER ESSENTIALS

- 2 towels
- Swimming kit
- Wash kit, including **shampoo, toothpaste** etc
- Small personal first aid kit
- Drinks flask, non-breakable (Named on the side)
- Small day sack

» RECOMMENDED/OPTIONAL ITEMS

- Change for vending/games machines— 20p & 50p
- Sunglasses
- Non-breakable water bottle
- Insect repellent/anti-midge cream
- Sun cream, after sun & sun hat/baseball cap
- Torch
- Inexpensive/disposable camera
- Bin bag for bringing wet or muddy kit home

Items shown in bold are usually available at the Centre Shop at very reasonable prices.

» 3 PACKING TIPS!

- 1] Make sure your belongings are clearly named where possible.

- 2] Tick the items off as you pack them, and bring this list with you so you have a record of what you brought. This will help you pack again for returning home.

- 3] Don't get someone to pack your bag for you—make sure you lend a hand so you know what you have with you!

» LEAVE AT HOME

We ask that you **DO NOT** bring expensive electronic devices with you.

» SOUVENIRS & MERCHANDISE

Abernethy has a small Centre Shop selling various snacks, essentials and souvenirs such as our popular Abernethy T-shirts & Hoodies. Prices for Abernethy clothing range from around £8.00 for a child's T-shirt to £24.00 for an adult hoodie.

» SPECIALIST EQUIPMENT

We will provide all specialist adventure activity equipment such as helmets & harnesses. We are able to supply the following items for you to borrow from our stores should you need them:

- Waterproofs
- Walking Boots
- Rucksacks