

# NCS KIT LIST

## CLOTHING

<input type="checkbox"/> T-shirts	<input type="checkbox"/> Jeans
<input type="checkbox"/> Sweatshirt/jumpers	<input type="checkbox"/> Underwear
<input type="checkbox"/> Extra T-shirts or a thermal top	<input type="checkbox"/> Pyjamas
<input type="checkbox"/> Warm tops and/or waterproof top	<input type="checkbox"/> Shorts
<input type="checkbox"/> Thick and thin walking socks	<input type="checkbox"/> Swimwear
<input type="checkbox"/> Trousers for walking	<input type="checkbox"/> Hat or cap
<input type="checkbox"/> 2 Pairs of trainers (one will get wet)	<input type="checkbox"/> Towels

## OTHER ESSENTIALS

<input type="checkbox"/> A packed lunch for the journey	<input type="checkbox"/> Toiletries: shampoo, deodorant etc
<input type="checkbox"/> Notepad and pen	<input type="checkbox"/> Any prescribed medication

## USEFUL ITEMS

<input type="checkbox"/> Drinking bottle	<input type="checkbox"/> Gloves
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Insect repellent
<input type="checkbox"/> Sun cream	<input type="checkbox"/> Books or magazines
<input type="checkbox"/> Blister kit	<input type="checkbox"/> Bin bags (for wet clothes)

## LUGGAGE

<input type="checkbox"/> 1 Large bag such as a suitcase	<input type="checkbox"/> 1 Day bag such as a small ruck-sack
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### WHAT NOT TO BRING

We are not able to insure personal belongings such as watches, jewellery, iPods, mobile phones etc. It is advised to leave them at home. If the participant chooses to bring such items, it is at their own risk.

### DON'T FORGET!

Mobile phones are allowed, but you may be asked to leave your phone at base or it may be collected in by a staff member to prevent loss or damage and so that we have your full attention during activities.