

KIT LIST

WHAT TO TAKE WITH YOU ON YOUR ROCKLEY ADVENTURE

THIS IS A GUIDE OF WHAT TO TAKE WITH YOU. PLEASE BEAR IN MIND THE TIME OF YEAR AND ANY PARTICULAR PERSONAL REQUIREMENTS WHEN PACKING FOR YOUR ACTIVITY TRIP:

- Waterproof Sunblock (essential) factor 50
- Named sports drinks bottle (essential)
- Trainers/plimsolls (ones you don't mind getting wet)
- Wetsuit shoes**
- Sunglasses (with glasses strap, also essential for spectacles)
- Lightweight, rainproof jacket (for the occasional shower & evenings)
- Long-sleeved top/shirt & tracksuit trousers/jogging bottoms (1 pair)*
- Shortie wetsuit** (recommended in France, essential in the UK)
- Tee shirts ** (6 or 7); Sweatshirt/jumper
- Shorts (3 or 4 pairs) & jeans/long trousers (1 pair)
- Large, sturdy plastic bag for damp/dirty clothing
- Sleeping bag (essential)
- Pillow & pillow case
- Rash Vest** (recommended)
- Insect repellent
- Sun hat
- Small torch & batteries
- Shoes (sensible) for dry/land activities
- Towels (bath & beach)
- Swimming costumes***
- Pyjamas/Nightwear
- Wash kit; Underwear; Socks

* These items can be worn when sailing to protect against sunburn – under normal circumstances a tee shirt or rash vest and shorts or shortie wetsuit with plenty of sun cream and a hat can be worn.

** These items are available to purchase from Rockley Shop in advance of the trip only.

*** Boys must wear "Speedo style" trunks – baggy swim shorts are **NOT** allowed in the campsite swimming pools.

FOOTWEAR

All pupils are required to wear appropriate footwear.

- Whilst taking part in activities pupils must wear full toe protection footwear; this is footwear that covers the whole foot and will not fall off easily. ie trainers or wetsuit shoes/boots NOT flip flops, jelly sandals, mules etc
- Please be aware that pupils will require both wet and dry activity footwear. Pupils who do not have appropriate footwear will be unable to take part.

PACKING

When packing for your trip, we advise you to use a soft bag/holdall (the coach drivers will not accept any hard suitcases) no larger than 100cm x 40cm x 50cm which will be stowed in the luggage compartment of the coach. If you are packing your sleeping bag separately, please use a strong, clearly labelled plastic bag. Please label ALL of your belongings - that way if you leave anything behind we have a chance of returning it to you! Please note that we do make a charge for returning lost property by post.

THE JOURNEY

When packing for the coach and ferry crossing, we advise you take a small travel bag/rucksack for all your journey essentials: money, book/magazine to read, inexpensive/disposable camera, your pillow and/or sleeping bag to make sleeping, during the journey, more comfortable. Sweets/food/drink (not fizzy & no glass bottles) and absolutely NO chewing gum

DO NOT FORGET

- ✓ Your passport* (if you are NOT on a group passport)
- ✓ Label ALL clothing and belongings with your name
- ✓ All medication **MUST** be labelled and named
- ✓ Your RYA logbook (if you have one)
- ✓ Your money in Euros* (€)
- ✓ Your European Health Insurance Card* (EHIC)

* For French Trips

REMEMBER

- ✓ NO valuables & NO mobile phones
- ✓ NO excessive jewellery
- ✓ Watersports are wet, so bring only old, inexpensive clothing
- ✓ Bring **ONLY** what you **NEED** - this is an activity holiday NOT a fashion parade!

KIT LIST

WWW.ROCKLEYSHOP.CO.UK

TO ORDER ANY OF OUR KIT AND TO CHECK OUT MORE OF OUR GOODIES, PLEASE VISIT OUR ONLINE SHOP

What to Wear

Sailing does not require much specialist clothing especially in the warmer climes of south west France. You can wear T-shirts and shorts or long sleeved tops and trousers with extra layers if it is cooler, topped off with a wind and sprayproof top. However, for maximum comfort and enjoyment we advise swimming things worn under shorts with a rash vest on top and wetsuit shoes to protect feet. A shortie wetsuit is also a good option and these are widely available at a very reasonable cost.



SAILING SHOES

- ✓ Comfortable to wear
- ✓ Offers grip in the boat & on boards
- ✓ Quick drying



RASH VESTS

- ✓ SPF UV 50 rating
- ✓ Protects from the wind & sun
- ✓ Light & comfortable
- ✓ Quick drying
- ✓ Perfect worn on its own or under a wetsuit



GLOVES

MAKE SURE YOU ORDER WELL BEFORE YOUR TRIP WITH US SO WE CAN GET YOUR KIT TO YOU IN GOOD TIME!

WHAT TO WEAR