

KIT LIST

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lakeside

University of Worcester Lakeside Campus offers a wide range of both land & water-based activities

ALL SPECIALIST EQUIPMENT IS PROVIDED

General (Strictly NO Phones, Jewellery or Valuables)

Medication (inhaler, EpiPen etc.)

Lunch, snacks and plenty of drink/water

A Complete Change of Clothes + Shoes & Towel (Hair/body Wash Optional)

Waterproof coat (for rainy weather)

Plastic bag (for wet kit)

Land based activities, essentials to bring

Clothing: trousers (no jeans or shorts), t-shirt, jumper, socks, underwear

Shoes MUST always be worn (no wellies, crocs, flip flops sandals, sliders or high heels).

NOTE: You are likely to get dirty

Water based activities, essentials to bring

(Wet suits, buoyancy aids and helmets ARE provided.

If you have your own wet suit you are more than welcome to use it)

Clothing: trousers (no jeans or shorts), t-shirt, jumper, socks, underwear

Suitable footwear: ideally trainers or wet shoes - NO CROCS or WELLIES!

Swim wear/shorts to wear under wet suit

NOTE: Pack a spare pair of shoes; you are likely to get wet)

Residential/Camping, essentials to bring

Pyjamas/sleep wear, sleeping bag or bedding and pillow **AND** Air Bed/Roll Matt

Extras (seasonal):

Woolly hats, gloves, scarf, ear muffs, sun cream (essential when hot weather predicted) and sun hats, extra top layer (fleece, jacket or soft shell), rain coat

Please only bring enough clothing and equipment relevant to the length of your stay