



# 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/ slippers

## » 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— any medication you need
- ☐ **Drinks flask/ water bottle** (non-breakable and named on the side)
- ☐ Small day sack

## » RECOMMENDED/OPTIONAL ITEMS

- ☐ Change for games machines— 50p & £1
- ☐ Sunglasses
- ☐ 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.

## » 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. Please also leave at home aerosol deodorants, matches, and penknives.

## » 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 £9.00 for a child's T-shirt to £27.00 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
- Sleeping Bags

**[www.abernethy.org.uk](http://www.abernethy.org.uk)**