



life to the full

KIT LIST FOR CYE TRIPS

Please select the smallest bag suitable for the length of trip – the cabins will have up to 3 other people and suitcases in them! However, please balance that with having enough layers to wear on water sessions – it is always cooler on the water with the sea breeze.

If you are packing for your child, please take time to go through this with them so they know what clothing they have available to them.

For a day visit:

- Complete change of clothing
- 2 warm pullovers/sweatshirts/fleeces
- Tracksuit bottoms/leggings for activities (not denim)
- Two pairs of footwear, one to stay dry (trainers) and one to get wet e.g., old trainers/wetsuit shoes (NOT Crocs, wellies or flip flops – they must be securely attached to their feet)
- Towel, shampoo and swimming kit
- Woollen hat or cap (depending on the time of year)
- Waterproof coat or jacket
- Names or initials in ALL clothing (including underwear)
- **Large plastic bag for wet clothing and shoes**

In addition, for a residential visit:

- **Duvet cover and pillow case**
- Enough clothes & underwear for their stay (bearing in mind they are likely to get wet on activities and that it is generally 5% cooler on the water).
- Towel and toiletries
- Spending money (we have a small gift shop), max cost of item is £6.
- Insect repellent (if applicable for the time of year)
- Indoor shoes/slippers for on board the ship (**NO SHOES ON THE BOAT**)

Please do not bring video games, ipods, phones etc. You may bring cameras but please be aware that this is at your own risk and you won't be able to take it out on water activities.

Under 18's please leave mobile phones at home!

Lost Property

Anything left here will be kept for 1 week and then will be taken to a charity shop. Please label your clothing & belongings.