


# 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

## 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
- Drinks flask**, non-breakable (named on the side)
- Small day sack

## Recommended / Optional Items

- Change for vending/games machines
- Sunglasses
- Non-breakable **water bottle**
- 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!

## 3 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!

## What to leave at home

We ask that you DO NOT bring expensive electronic devices with you.

## 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 £8.00 for a child's T-shirt to £25.00 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