

# Up 4 Adventure UK

## 3 Day Adventure – Kit List

Amount	Item
1	Suncream (SPF30 min)
1	Sun Cap
1	Sunglasses
2	Pairs of Trainers (1 pair will get wet!)
1	Headtorch (with spare batteries)
1	Warm Hat
1	Pair of Warm Gloves
1	Long Sleeve Thermal Top
2	Trousers (comfy/not jeans)
1	Full length Bottoms (leggings/thermals)
3	Sets of Underwear (pants/socks etc)
3	T-shirts
1	Mid Layer/light jumper
1	Warm Jumper/Down Jacket
1	Thick Walking Socks
1	Pair of Walking Boots (worn in)
1	Padded Cycling Shorts
1	Swimming Shorts/Suit
1	Personal Money (Optional)
1	Pillow Case
1	Mosquito Repellent
2	Small Towel
1	Flip Flops/Sliders (Optional)
1	Toiletries (you will have shower access)
2	Bin Bags
1	Cable for your phone (we provide the powerbank)