

**Kit List**

Each student should bring the following with them. If you have any queries regarding kit, then please do call or e-mail on 01646 621078 or morv@llanioncove.org

We will provide any specialist clothing such as buoyancy aids, wetsuits, helmets, harnesses etc. However, if you do have your own gear then do feel free to bring it with you.

* Water Bottle
* Any Prescribed Medication Required – Please ensure you have discussed this with your instructor if they may have to administer this
* Loose warm clothing you can easily change in to after water activities
* Suncream (waterproof is best)
* Sun hat
* Rash vest or light long sleeve top if you burn easily (for on the water)
* Trainers for land-based activities
* Towels x 2 (1 for use in accommodation, 1 for changing rooms)
* Spare Trainers/Wetsuits Boots – for use in the water
* Swimsuits/Swim Shorts – For under wetsuits

For those on residentials, we do provide bedding but please bring your own towels and wash kit. If you wanted to bring your own sleeping bag you can do so of course but it is not essential.