



## PYCP RECOMMENDED CAMPING KIT

Please pack the following in a rucksack that can be worn over shoulders (you may have to walk with your belongings).

- ✓ Medication (inhalers/travel sickness pills/hayfever tablets) if needed.
- ✓ Full set of clothes for each day.
- ✓ Extra socks
- ✓ Waterproof jacket and trousers
- ✓ Trainers
- ✓ Sturdy Shoes/spare trainers
- ✓ Hat/gloves
- ✓ Towel
- ✓ Swim gear
- ✓ Wash kit (don't forget your toothbrush)
- ✓ Plastic bags (to keep things dry)
- ✓ Torch and spare batteries!
- ✓ Sun Cream/After Sun
- ✓ Sleeping bag (if you have one or you could borrow one)\*

*\*A sleeping bag can be borrowed from PYCP if you really can't get one – but please try!!*