

Kit List for Club Correze 2018

Item	Suggested Number	Tick
Sleeping Bag	1	
Night Wear	1	
Toiletries	1	
Towel	2	
Swimwear	1	
Wet shoes (must be closed toe)	1	
Old laced trainers / shoes – for Rambo ramble and may need to be thrown away	1	
Good training shoes / strong shoes for walking / casual wear	1	
Waterproof top (cagoule / anorak)	1	
Change of underwear and socks	Sufficient for 9 days	
T-shirts	4 / 5	
Long sleeve T-shirts / top	2	
Long sleeve top and long trousers/joggers for Rambo ramble (may need to be thrown away).	1	
Shorts	3	
Warm sweater / tracksuit top	2 / 3	
Change of clothes for evenings	2	
Tracksuit bottoms	1	
Simple first aid items e.g. plasters		
Medicines – to be given in to staff on day of departure.		
Spending money (to be banked with staff)	€80	
Sun block / After sun		
Sun hat	1	
Non aerosol deodorant / body spray (fire alarm sensitive to aerosols)		
Water bottle	1	
Pillow – for journey	1	
Outfit for disco on the last night		
Books / magazines / Mp3 for journey	Optional	
Plastic bags for wet/dirty clothes		
Small rucksack or bag	1	
Sunglasses	Optional	