

FRANCE KIT LIST



ESSENTIALS

- Waterproof sunblock SPF50
- Reusable drinks bottle
- Sleeping bag
- Pillow & pillowcase
- Wash kit - soap, shampoo, toothbrush & toothpaste, roll on deodorant (**no** aerosols)
- Towels - 1 x washing & 1 x beachtowel
- Bin liner/plastic bag for wet/dirty clothing & shoes
- Insect repellent
- Sunglasses (with strap)
- Small torch & batteries
- Small backpack



DON'T FORGET TO LABEL ALL YOUR ITEMS!

WET STUFF

- Swimming costume / board shorts
- Rash vest - advisable
- Shortie wetsuit - optional depending on the weather
- Wetsuit shoes **OR** an old pair of trainers

RASH VESTS DRY QUICKER THAN OTHER MATERIALS & ARE INEXPENSIVE



CLOTHING

- Jumpers & sweatshirts
- Tops - longsleeved & t-shirts (6/7)
- Tracksuit trousers & Jogging bottoms
- Shorts (3/4 pairs)
- Jeans / long trousers (1 pair)
- Pyjamas / nightwear / bed socks!
- Underwear
- Light weight rainproof jacket (for the occasional shower & evenings)
- Sun hat



FOOTWEAR

- Trainers - 1 pair for land activities
- 1 pair for water activities (if you don't have wetsuit shoes)
- 1 dry pair for the evening



OTHER

- Passport
- Global Health Insurance Card (GHIC card)
- Approximately **50** euros advised for extras (ice-cream / souvenirs)
- Label **ALL** medication

DECATHLON

We have teamed up with Decathlon to provide you with a variety of clothing and watersports wear at a discounted price. Check out the **WEBSITE HERE** for our recommendations. Their items are both affordable and good quality.

DO NOT BRING

No valuables
No mobile phones
No expensive clothing

We are unplugged so no opportunity for charging!