

KIT LIST - BLUETITS SWIM ADVENTURE

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and those of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS	✓
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED
Travel insurance	SUGGESTED

LUGGAGE	✓
Small suitcase or kitbag	ESSENTIAL
Daypack/waterproof dry bag	ESSENTIAL
Combination padlocks	ESSENTIAL

CLOTHING AND FOOTWEAR	✓
Walking shoes, boots or trainers with a good grip	ESSENTIAL
Swimwear (at least 3)	ESSENTIAL
Swim shoes	ESSENTIAL
Underwear and socks	ESSENTIAL
Non-cotton t-shirts/shirts	ESSENTIAL
Non-cotton shorts/trousers	ESSENTIAL
Non-cotton fleece/sweater/warm layer	ESSENTIAL
Non-cotton base layer top and bottoms	ESSENTIAL
Thermals	ESSENTIAL
Waterproof jacket	ESSENTIAL
Waterproof trousers	ESSENTIAL
Casual clothes and footwear for evenings	ESSENTIAL
Silicone hat/bobble hat	ESSENTIAL
Goggles	SUGGESTED
Changing robes	SUGGESTED
Gloves	SUGGESTED
Rash vests	OPTIONAL
Booties	OPTIONAL
Wetsuit	OPTIONAL

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat)	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow test (x2 min)	SUGGESTED
Disposable masks	SUGGESTED
Feminine care products	SUGGESTED

OTHER KIT	✓
Tow float	ESSENTIAL
2 towels (for swimming and showers)	ESSENTIAL
Sun block (high SPF)	ESSENTIAL
Hand sanitiser	ESSENTIAL
2 ltr metal/insulated water bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Ear plugs (for swimming and for overnight)	ESSENTIAL
Thermos flask/mug	SUGGESTED
Tea/coffee/hot chocolate sachets	SUGGESTED
Energy food/snack bars	SUGGESTED
Bags for dirty washing	OPTIONAL
Walking poles	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL