

KIT LIST

University of Worcester Lakeside Campus

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University of Worcester Lakeside Campus offers a wide range of both land & water based activities

ALL SPECIALIST EQUIPMENT IS PROVIDED

General (No Jewellery or Valuables)

Medication (inhaler, epee pen etc.)

Lunch / snacks or money to purchase food (if required)

A Complete Change of Clothes + Shoes/ Towel (Hair/body Wash Optional)

Waterproof coat (for rainy weather)

Plastic bag (for wet kit)

Land based activities, essentials to bring

Clothing: trousers (no jeans or shorts), t-shirt, jumper, socks, underwear

Suitable footwear: ideally trainers (no heels, sandals or flip flops)

NOTE: you are likely to get dirty

Water based activities, essentials to bring

(Wet suits, buoyancy aids and helmets ARE provided.

If you have your own wet suit you are more than welcome to use it.)

Clothing: trousers (no jeans or shorts), t-shirt, jumper, socks, underwear

Suitable footwear: ideally trainers or wet shoes

Swimming trunks/ shorts to wear under wet suit

NOTE: Pack a spare pair of shoes; you are likely to get wet)

Residential/Camping, essentials to bring

(We will provide a bottom sheet and fleece blanket if using our bunk beds)

Pyjamas/sleep wear, sleeping bag or bedding and pillow

Optional extras (seasonal):

Hat, gloves, scarf, ear muffs, sun cream

Extra top layer (fleece, jacket or soft shell)

Please only bring enough clothing and equipment relevant to the length of your stay