

KIT LIST - BLUETITS SWIM ADVENTURE

The kit you take can make all the difference. 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 more information about items on this list please contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

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

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

CLOTHING AND FOOTWEAR	✓
Closed-toe walking shoes, boots or trainers with a good grip	
Swimwear (at least 3)	
Swim shoes	
Underwear and socks	
Non-cotton t-shirts/shirts	
Non-cotton shorts/trousers	
Non-cotton fleece/sweater/warm layer	
Non-cotton base layer top and bottoms	
Thermals	
Waterproof jacket	
Waterproof trousers	
Casual clothes and footwear for evenings	
Silicone hat/bobble hat	
Sun hat	
Sturdy pair of old trainers/water shoes (for kayaking)	
Goggles	
Changing robes	
Gloves	
Comfortable clothing (to wear for kayaking)	
Hat (to wear for kayaking if hot)	
Rash vests	
Booties	

Wetsuit	
HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner	
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)	
Hairbrush/comb	
Feminine care products	

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