

## Narrowboat KIT LIST

**Very important: NO hard cases, framed backpacks, or any cases which won't squash down into a small space when empty, as there is just nowhere to store them.**

### Bedding

It is best to bring your bedding in a large carrier bag (the blue Ikea ones are good) which will fold up small when your bedding is out of it. Be prepared for the nights to be either very warm or quite cold - or (most likely) to start off warm and get cold in the early hours. You will need a sleeping bag and pillow, and maybe a small blanket. A sheet may also make the plastic-covered mattress more comfortable in hot weather.

### Clothes

Sensible clothes for being out-of-doors in any weather. No jeans as they are difficult to dry if they get wet.

Waterproof coat and trousers. Maybe woolly hat and gloves... and sun hat.

Coat - not be too bulky as your life jacket needs to go over the top.

Nightwear - flexible for variations in temperature.

### Footwear

Sensible non-slip footwear - e.g. trainers with grip (no open toes or wellies)

Slippers or indoor shoes for the evening

### Misc

Toilet bag

Small towel or camping towel - no space for big bath towels, sorry

Torch

Sun cream

Hairbands if you have long hair (must be tied back during the day)

Maybe a watch or clock, and a camera

Power pack for charging your phone (but see below regarding use of electronics)

### Other

It would be helpful if you could bring **2 T-towels and 2 hand towels**.

Don't forget **money** for souvenirs.

Don't forget your **DofE Record Card** so we can sign it off for you, or your edofe number so we can enter our report online.

*No smoking or vaping, no illegal drugs. No alcohol, except on the last night if ALL the participants are 18+.*

*Please limit the use of phones, headphones and earbuds - we want to get to know one another!*