

What to pack for your adventure

This is a guide of what to bring to UKSA. Please think about the time of year (sun hat or woolly hat!) and any personal requirements.

We provide

- Wetsuit
- Buoyancy aid
- Safety helmet
- Waterproofs (for keelboating)
- All bedding (sheets, duvet, pillow etc)

Essential items (your checklist)

- Reusable drinks bottle
- Lidded cup (if you want a hot drink)
- 2 towels
- Dry bag or plastic bag for wet clothing
- Swimming costume
- Clothes that can get wet – shorts, t-shirts (or rash vest)
- Water footwear – old trainers or wetsuit shoes
- Clothes and trainers/shoes for dry activities
- Pyjamas and slippers for the dorm rooms
- Waterproof sun cream (Factor 50)
- Sun hat or woolly hat
- Glasses strap if bringing glasses/sunglasses
- Toiletries



Remember

- Label or name all belongings
- Use a small bag, not a huge suitcase
- Clothes will get wet
- Don't bring anything expensive or precious
- Don't wear jewellery for activities
- Medicines, EpiPens etc (if needed)

You don't need

- Pillow or bedding
- Sleeping bag
- Specialist clothing