

SARK 2022- Kit List

It is an activity trip; therefore, practical clothes will be required for much of the time. This is an advisory list. Please ensure that all items are clearly labelled. The long-range forecast is looking good so please be prepared for long days outside in warm weather. With thanks, TMG.

- T shirts x 3
- Jumpers / hoodies x 2
- Warm fleece for evening wear
- Trousers / leggings / jeggings x2
- Shorts x 2
- Nightwear
- Beanie / woolly hat for cold evenings (we will be star gazing so you will need warm clothes!)
- Comfortable shoes / trainers
- Flipflops / beach shoes
- Swimming costume x 2
- Shorts and T-shirt for kayaking (make sure you are happy for these to get wet!)
- Waterproof jacket
- Waterproof trousers
- Changing wrap / poncho
- Bathroom / shower Towel
- Bathroom kit (shower gel, shampoo, toothpaste, toothbrush, soap, flannel)
- Underwear (socks, knickers, bras)
- Sanitary products (as required)
- Sun cream
- Cap / sun hat
- Torch / head torch
- Sleeping bag
- Under sheet
- Pillow
- Reading book
- Small cuddly toy
- Wetsuit (useful) (a full-length wetsuit is needed for coasteering. Outdoor Guernsey has a limited supply of these in Sark so please bring one if you can)
- Drinking water bottle
- Rucksack / day bag
- Camping plate / bowl / mug / knife / fork /spoon
- Pocket money £15 max
- Mobile phone
- Sit on mat / plastic bag

The following are not appropriate, and we may ask for a change of clothes to be brought if they are worn:

- Strappy/crop tops, 'Short' shorts, Short Skirts, Ripped jeans

Note: Open toe shoes will **not** be permitted on bikes.