

A.M.D.G.

TY SURF RETREAT KIT LIST

It is important that you are able to stay warm and dry. Please bring OLD clothes that you do not mind getting wet sandy. The following is recommended for an overnight adventure retreat.

Clothing:

- 2 pairs of swimming shorts
- 2 pairs of trousers, 1 pair of shorts (please note that jeans are not suitable)
- 1 long sleeved top, 2 t-shirts
- 2 warm jumpers/hoodies
- Waterproof jacket
- Waterproof trousers
- Sunhat, hat, scarf and gloves
- Pillow
- Sleeping bag

Personal Effects

- Wash kit
- 2 large towels (1 to be used at the beach)
- Water bottle
- Sun cream

Footwear

- 2 pair of trainers for outdoor use
- Shoes for indoor use
- Flipflops/sliders