



Residential Camps Useful Information

What to bring with you

For water activities

- swimsuit/ swimming trunks
- rash vest (if worn)
- warm clothes to wear on the water – including tracksuit trousers/leggings (not jeans)
- fleece jumper
- lightweight windproof jacket
- sailing boots or a pair of shoes that can get wet – not flip flops, crocs or wellies
- towel

For land activities

- shorts or trousers that can get dirty
- trainers

General

- plastic bag for wet/dirty clothes
- wash kit and extra towel
- plenty of additional changes of clothes, including dry shoes
- duvet cover
- pillowcase

- nightwear
- slippers/indoor shoes for the ship
- any medication (eg inhaler, epipen, insulin) that might be required
- small amount of money for the gift shop

Depending on the weather

- high factor waterproof sun cream
- insect repellent
- sun hat
- sunglasses, if worn
- warm hat and gloves

What CYE can provide

- Wetsuit
- Buoyancy Aid
- Waterproof jacket and trousers
- Helmet

What to leave at home

- Mobile phone and other electronic equipment
- Valuables