

Enrichment Week 2020

Ardeche



Package:

Ardeche

Kit list

Sleeping bag and pillow (both of these items should be taken on to the coach)
A cotton sleeping bag liner (optional – for use when it is too hot for a sleeping bag)
Torch

Clothing

Old trainers/ water shoes/ sandals
you must wear shoes that can get wet and stay on your feet on the river and closed toe and no crocs or flip flops!
'dry' trainers (for evening wear and 'land' based activities)
Flip-flops (for beach not water sports activities)
Jumper/sweatshirt
Trousers and shorts (no denim for water activities)
Shirts and t-shirts (long and short sleeved)
you must have t-shirts that cover your shoulders when you are on the river
Socks/underwear
Waterproof top/cagoule
Swimwear
Evening wear
Warm jacket/jumper
Sun hat
Ardeche t-shirt (this will be sorted by us soon)

Miscellaneous

Toiletries
Towels – 1 beach, 1 bath

Suntan lotion (at least factor 30)

After sun
Water bottles: you will have to carry 3l with you on the river (you can buy water bottles there)
Small rucksack
Camera (optional)
Passport
Ehic card
Labelled plastic bag for wet clothes

Things to bring if you have them

Rash vests
Water shoes/'teva' type sandals
Dry bag

First aid kit

First aid kit: please be aware the only first aid products staff can carry are for external use and must be administered by the student themselves. E.g. Insect repellent or antiseptic creams. Students will need to carry their own first aid kit for anything that may be taken orally e.g. Pain killers/hayfever medication. I have included a list of what is included in the 'trip' first aid kit and some suggestions for personal first aid kit. Any form of medication should be clearly labelled and

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included in their personal luggage. It will then be their responsibility to administer their own medication.

Some suggested content for personal first aid kits:

- Antihistamine tablets
- Insect repellent
- Insect bite cream
- Plasters
- After sun

