

Rotary Young Leaders Award

KIT LIST

The following is a suggested kit list for the week. The key is to use your **common sense**. You cannot bring enough spare clothing and could easily use three changes a day where water based activities are involved. Storage space will be available along with drying facilities.

For activities the Centre will provide all the specialist and safety equipment but you must be prepared for all weathers:

- Trousers (jeans are no good when wet)
- T Shirts
- Jumpers / fleeces
- Shorts
- Swimming kit (to wear under wetsuits)
- Old trainers / wetsuit boots for use on the water
- Suncream and sunglasses
- Sunhat and a warm hat
- Insect repellent
- Personal medication

For the overnight expedition

- Sleeping bag and sleeping mat
- Comfortable Shoes / Boots that are comfortable, the terrain is relatively flat
- Waterproof jacket and over-trousers
- Rucksack (must be large enough to carry overnight expedition equipment; spare clothes/ sleeping bag / food / cooking equipment etc. 45 litres is a minimum size and 60 litres is ideal)
- Torch and spare batteries
- Water Bottle
- Plastic plate / mug / cutlery

For evenings and when working inside

- A change of comfortable / casual clothes.
- You must also bring smart clothing to wear for presentations. Presentations take place on two evenings during the week.
- Smart jacket and trousers or suit with tie for the gentlemen and smart clothing for ladies for the formal dinner.
- One pair of shoes (or slippers) reserved for indoor use.

Grafham Water Centre

Perry, Huntingdon, Cambridgeshire PE28 0GW
T: 01480 810521 F: 01480 376296

Other

- Bring a watch, preferably waterproof and with an alarm. Do not rely on your mobile phone.
- A notepad and pen for use in presentations and throughout the week.
- You will need to bring your own towels

Grafham Water Centre

Perry, Huntingdon, Cambridgeshire PE28 0GW
T: 01480 810521 F: 01480 376296