

Raglan EOTC Gear List: Everything must be clearly named!

✓	Pyjamas		<u>Toilet Bag containing:</u>	
	1 or 2 pairs track pants /long pants for evenings.		Soap	
	2 pairs shorts		Shampoo	
	3 T-shirts/tops		toothbrush	
	2 warm jerseys / polar fleeces		toothpaste	
	Underwear for 3 days		Face cloth	
	3- 4 pairs socks		Lip balm	
	Swimwear		Sunscreen	
	Shower towel		Hairbrush	
	Beach towel			
	1 OLD pair of trainers/beach shoes		<u>MEDICATION:</u> CLEARLY NAMED AND IN A SEALED PLASTIC BAG LABELLED WITH INSTRUCTIONS. To be handed to medic before leaving on the bus.	
	1 pair of comfortable shoes/sneakers for walking.			
	Slippers for use in dorms			
	Sun hat / cap / raincoat			
	Warm Hat e.g. beanie			
	Sleeping bag and blanket		<u>OPTIONAL:</u>	
	Pillow		Wetsuit	
	Pencil Case		Camera (disposable only)	
	Torch, with batteries			
	Plastic bags for dirty laundry			
<u>DO NOT BRING:</u> Cell phone or any electrical devices. Extra food apart from what you have been asked to bring.				