



# What to pack for NCS?

You don't need to worry about buying things specifically for the residential, as we will provide all the required specialist equipment. However, if the participant does not have access to some of the items listed below please contact your local NCS provider, who may be able to help. If the participant owns specialist equipment such as waterproofs and walking boots then they may bring these, however it must be approved by a qualified instructor.

USE THE CHECKLIST BELOW AS A GUIDE TO YOUR MAIN PACKING REQUIREMENT

## CLOTHING

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> T-shirts   | <input type="checkbox"/> Jeans      |
| <input type="checkbox"/> Sweatshirts/jumpers                              | <input type="checkbox"/> Underwear  |
| <input type="checkbox"/> Extra T-shirts or a thermal top                  | <input type="checkbox"/> Pyjamas    |
| <input type="checkbox"/> Warm tops (ideally fleece) and/or waterproof top | <input type="checkbox"/> Shorts     |
| <input type="checkbox"/> Thick and thin walking socks (for walking)       | <input type="checkbox"/> Swimwear   |
| <input type="checkbox"/> Trousers for walking (not jeans)                 | <input type="checkbox"/> Hat or cap |
| <input type="checkbox"/> 2 pairs of trainers (one that can get wet )      | <input type="checkbox"/> Towels     |

## OTHER ESSENTIALS

- |  |  |
|--|--|
| <input type="checkbox"/> A packed lunch for eating during the journey on the first day | <input type="checkbox"/> Toiletries: soap, toothbrush & toothpaste, shampoo, deodorant etc |
| <input type="checkbox"/> Drinking bottle   | <input type="checkbox"/> Prescribed medication if needed                                   |

## USEFUL ITEMS

- |  |   |
|--|---|
| <input type="checkbox"/> Notepad and pen | <input type="checkbox"/> Gloves                     |
| <input type="checkbox"/> Sunglasses      | <input type="checkbox"/> Insect repellent           |
| <input type="checkbox"/> Sun cream       | <input type="checkbox"/> Books or magazines         |
| <input type="checkbox"/> Blister kit     | <input type="checkbox"/> Bin bags (for wet clothes) |

## LUGGAGE

- |   |  |
|---|--|
| <input type="checkbox"/> 1 large bag (e.g. suitcase, wheeled case, etc. ) | <input type="checkbox"/> 1 day bag (e.g. small ruck-sack ) |
|---|--|

- **WHAT NOT TO BRING** We are not able to insure personal belongings such as watches, jewellery, iPods, mobile phones etc. It is advised to leave them at home. If the participant chooses to bring such items, it is at their own risk.
- **DON'T FORGET!** Mobile phones are allowed, however, during activities participants may be asked to leave their phone at base or it may be collected in by a staff member to prevent loss or damage and so that we have their full attention during activities.