

## NCS kit list

As you'll be doing lots of different outdoor and active stuff, we advise you bring the following with you in a 30-60 litre rucksack or suitcase:

- T-shirts
- Jumpers
- Jacket/Hoodie
- Trousers (not jeans)
- Shorts
- Trainers
- Socks & underwear
- Pyjamas
- Cap/hat
- Waterproofs
- Swimming kit
- Bath towel
- Toiletries
- Your medication
- Water bottle

And any non-essentials like:

- Painkillers
- Insect repellent
- Plasters
- Sunglasses
- Notepad & pen
- Dirty Clothes Bag
- Sun cream