

ARDÈCHE ADVENTURE KIT LIST

We hope you are looking forward to your Acorn Adventure! Below is a list of items recommend you take with you, along with some important safety notes.

Kit List	
Sleeping bag, Pillow & Single bedsheet	Passport & EHIC Card
Toiletries	Towel x2
Swimwear	Underwear and socks (at least two pairs per day)
Change of clothes for evenings	Nightclothes
Trousers/tracksuits/long shorts	Fleece/warm jumper in case of cold weather
T-shirts (covers shoulders)	Light waterproof jacket for warmer wet weather
Wallet/purse (spending money local currency euro)	Small day rucksack or bag
High factor sun cream (50+) & insect repellent	Water bottle (Each group member must carry a minimum of 2l of water during the Ardèche Descent. (2 x 1lt bottles are recommended)
Torch & spare batteries	Sun hat/cap
At least 2 pairs of trainers: You will need one for keeping dry, and at least one for wet activities. Crocs, wellies, and sandals are not appropriate for activities.	
Wet Activities	
T-shirt (must cover past shoulder - no vests)	Shorts (Knee-Length) – Recommend leggings or running tights for river descent to protect from sun
Full toe protection - old trainers/water shoes you can tighten and have a hard sole. (Crocs, wellies or sandals are not appropriate for wet activities)	
Change of Clothes for the Ardèche Descent	
Dry Activities	
T-shirt (must cover past elbow-no vests)	Trousers or long shorts
Full toe protection trainers (plimsolls are ideal)	
Optional	
1 x large black bin liner (for river descent barrel)	Disposable camera
Sunglasses with UV protection	Plug adapter
Plastic bags for wet/dirty clothes	Pen and notepad

IMPORTANT SAFETY NOTICES

- Acorn Adventure provides all specialist equipment for activities. Regulatory equipment, such as buoyancy aids and helmets, must be worn when supplied by the instructor. This applies to everyone, regardless of their level of experience.
- To guard against injury, closed shoes e.g. trainers, must be worn for all activities, including those that are water-based. Everyone will need to bring a minimum two pairs of footwear; one for wet and one for dry activities. An old pair of trainers is recommended for the water sports and plimsolls or trainers for land-based activities.
- If your child wears glasses, we advise that a tie on for glasses are necessary for activities.
- Denim clothes, including jeans, may not be worn for water-based activities.
- Jewellery (bracelets/rings/earrings, etc) may cause injury and must therefore not be worn during activity sessions.
- Please note: if you choose to bring valuables (sunglasses, mobile phones, cameras, etc.) Acorn Adventure cannot be responsible for any damage or loss that may occur.
- Please note if you need an inhaler or EpiPen please bring at least two with you.

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