

## YCF Kit List

- Sleeping bag and pillow
- Sleeping mat
- Toiletries – deodorant, toothbrush, toothpaste, shower gel, soap
- Towel
- At least 2 complete changes of clothes  
(don't forget to include underwear and trainers. Although the sun may be hot during the day it may be cold at night)
- Waterproofs – jacket / trousers (activities run in all weather, so be prepared with wet weather gear, including wellies / boots)
- Sun hat
- Sunblock/ cream
- Disco outfit
- Torch
- Medication
- Water bottle (can be refilled)
- Purse or wallet (please label with name)