



Kit List (Craigmount) Overseas Adventure

What to bring

Your clothes are likely to suffer wear and tear and get dirty and wet. Please bring several changes of old clothes for activities - not jeans. All tops worn during activities must cover your shoulders to protect you in the sun.

General	
	Suitable nightwear (warm)
	Underwear – 2 pairs per day
	2 x Shorts/leggings/tracksuit bottoms for evenings
	3/4 t-shirts/tops
	1 shirt/top for discos
	1 pair of trainers for land-based activities
	Flip flops/sandals for free time (optional)
	Jumper/hoodie for evenings
	Waterproof jacket

For activities	
	Water shoes/old trainers (Must have toes covered for water-based activities) NO WELLIES, FLIP FLOPS or OPEN TOE CROCS!
	Shorts and T-shirts (3 minimum)
	2 x swimsuits/swim shorts (Bikinis not appropriate for the Activities)
	Rash vest – Dry fit t-shirts work well
	Sun hat/baseball cap
	Sunglasses – (Retainer strap if possible)

Additional items	
	Down sleeping bag – Ideally could be compressed to fit in hand luggage
	Towels x 2 – One for showering and older one for after wet activities
	Wash bag/toiletries – Try to share with friends to save space
	Bin bags for wet/dirty clothes
	Sun cream – (MUST) Can't leave for activities if you don't have it
	Drinks bottle – (MUST) Can't leave for activities if you don't have it
	Insect repellent
	Travel pillow (Optional)
	Small rucksack – Could be used as hand luggage

Travel items	
	Passport
	EHIC
	Pocket money – 10 euros a day max. Some Sterling £ for Edinburgh airport (Optional)
	Medication - (Inhalers/hayfever tablets/travel pills)

Lost property

Please label everything your child brings. Children are responsible for their own belongings – It may be useful to provide a list of items packed. Lost property is hard to track down after a visit and there is a small charge for returning items.





Flight Details

Ryanair

Meet at Edinburgh Airport at 6:00am

• **Outbound - FR1027**

- Departure: Edinburgh Airport – 08:30
- Arrival: Carcassonne Airport – 12:10

• **Inbound - FR1028**

- Departure: Carcassonne Airport – 12:35
- Arrival: Edinburgh Airport – 14:25

Sample Itinerary

Day	Session 1	Session 2	Session 3	Session 4	Session 5
1	Travel			Settle in to camp - Evening activities	
2	Ardèche River Canoeing - Day 1 - Peach Orchard to Trois Eaux (18km)				Overnight Bivy
3	Ardèche River Canoeing - Day 2 - Trois Eaux to Le Mas (12km)				Field Games - Ball Sports and Disco
4	Transfer day - Day trip to Avignon				Robot Wars and Disco
5	Dinghy sailing		Sit on Kayaks		The Cube and Disco
6	Windsurfing and catamaran sailing on Mimosa Beach		Pico Sailing - Mimosa Beach		Talent Show and Disco
7	Funboat Sailing - Mimosa Beach		Banana Boats		Superhero Auction and Disco
8	Travel home				





Luggage Information

Luggage information

Luggage allowance for hold baggage is 20kg. Cabin baggage information is below.

CABIN BAG POLICY NON-PRIORITY

You are entitled to bring 1 small handbag/personal bag on-board which must fit under the seat in front of you (35cm x 20cm x 20cm). If you have Priority & 2 Cabin Bags you can bring an additional 10kg bag on-board which must fit into the bag sizers (55cm x 40cm x 20cm). If you do not have Priority & 2 Cabin Bags and you bring a second bag to the gate it will go into the aircraft hold free of charge – failure to comply will result in your boarding being denied. If your second bag goes into the hold please ensure you remove any dangerous goods, including portable electronic devices, spare lithium batteries and valuables.

You CAN bring

- 1 small personal bag that fits under the seat in front of you



You CANNOT bring

- A second cabin bag
- Any bag that does not fit into our sizer



ADDITIONAL INFORMATION - VISIT THE RYANAIR APP TO ADD PRIORITY BOARDING UP TO 30 MINS BEFORE SCHEDULED DEPARTURE AND BRING 2 CABIN BAGS ON BOARD

