

M.A.D INFO & KIT

MEGA ADVENTURE DEVON

DEPART: Sunday July 10th Meet REAR Car park 11:00 with KIT.

RETURN: Thursday 14th July 19:00 Meet and collect from Rear Car Park



KIT YOU MUST bring:

- Packed lunch and drinks for outward journey
- **Tent- shared with friends.**
- **Sleeping bag. Clothes.**
- **Roll mat / sleeping mat**
- **Waterproof** lightweight jacket **with hood.** MUST be water proof.
- **Wellies** – in separate plastic named bag.

No core kit = no passage to Devon!

- **PLUS:** In a soft sports bag/Bergen no bigger than your torso! : **(no suitcases)**
- Jeans/trousers, t-shirts, hoodie, warm beanie hat, fleece.
- Sensible pyjamas.
- **Shorts** x 3 – For cycling / chilling. **wacky shorts for Coast-eering.**
- Flip flops/sandals
- 2 pairs trainers. 1 **will** get wet.
- 1 pair of cycling gloves.
- Washbag, soap, toothbrush.
- 2 towels – small for showering/ beach / surf
- Swimwear.
- Waterproof Suncream factor 25+. 50upf block for nose and lips.
- Small day back pack (20l)for day out on activity.
- Refillable water bottle for the week.

Compulsory for CAMPING: TENT – that YOU know how to put up – team task- this will be checked.
Sleeping bag. Roll mat to sleep on. Plastic plate, mug, cutlery. Foam pad to sit on. Be CIRCULAR- BORROW from friends or go to a charity shop. **Don't forget Wellies if weather looking WET & Waterproof packable coat- AKA Anorak.**



Will I need to bring a wetsuit/ helmet?

Wetsuits and helmets etc will be provided.

Do I have to be a strong swimmer?

You will be SURFING for 2 hours and jumping off rocks into the SEA for 3 hours. You must be able to swim 5m underwater and 50m on the surface without assistance. This is for your safety. If you want to be Surf Fit then do press ups, burpees and swimming. This way you'll be fit and have more FUN in the surf!

Do I need to be able to ride a bicycle?

YOU MUST be able to ride a bicycle. You will be riding OFF ROAD on technical terrain with UP HILLS. If you cannot ride a bicycle then this trip may not be suitable for you and you should contact us ASAP.

Can I bring my own body board/ nintendo switch/ipad/ bike/dog? No. It's a screen free week.

Where will I sleep? In a 4/6 man tent – we encourage groups of friends to share someone's tent – that way they know how to put it up.

How much pocket money do I need?

Lunches you have paid for and will be a pastie/ baguette. All your meals are included. I would not advise having more than £10 a day for ice cream etc.

VALUABLES

There are only the minibuses to lock away valuables. No Responsibility taken for loss or damage of electronic items. Some Pocket money is compulsory for emergency purchases:

Please ensure all MEDICAL FORMS/CONSENT are returned completed and SIGNED.