

# PACKING LIST

## WHAT TO BRING

### TOILETRIES & MEDICATION

- Drink Bottle
- Toothbrush & Toothpaste
- Sun Screen & Insect Repellent
- Shampoo
- Deodorant
- Personal Medication, paracetamol & ibuprofen

### PERSONAL ITEMS

- Books, magazine, camera, makeup
- Alarm clock and watch (not your cell phone!)
- Tissues
- A torch with new batteries
- A padlock for your bag

### LINEN

- Sleeping bag & warm blanket
- 2 towels
- Pillow

### YOUR WARDROBE

The weather on Discovery can be very **changeable and chilly**, there are activities both inside and out, there is one particular day where you will be outside most of the day. No matter the weather you will need **weatherproof gear** and **very warm clothes are essential**.

Here's a suggested list of clothes:

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 6 days underwear                   | Woolly Hat                       |
| 6 days warm socks                  | Warm jacket, gloves and scarf    |
| Waterproof leggings                | Rain Coat (or waterproof jacket) |
| 3 pairs shorts                     | 2 warm jerseys                   |
| 2 pairs long trousers (e.g. jeans) | 1 pair other shoes (no jandals)  |
| 1 warm tracksuit                   | 6 T-shirts                       |
| Sturdy Running/Walking shoes       | Gumboots (optional)              |
| Thermals if possible               |                                  |