

What to pack

Your trip checklist

To help make sure you're fully prepared for your visit, we've put together a list of what you need to pack.

The essentials for activities

- Water bottles (1 for activities and 1 for mealtimes)
- Rash Vest or old T-Shirt to wear under wetsuit
- Swimming kit
- Towel
- Sunglasses, sun cream and sun hat
- Clothes for activities (these will get wet)
- Old trainers or wet shoes (used for activities and could get wet or lost)
- Glasses strap (if bringing glasses)

What we provide

- Wetsuits
- Buoyancy aids
- Safety helmets
- Other necessary kit for activities



Luggage bags

If possible, please make sure your luggage bags are of a small size. This makes it easy for us to transfer and safely store them away throughout the trip.

Please ensure that all clothing is name labelled. UKSA cannot accept responsibility for loss, damage, or theft of any item.

