

Guardship Kit List

Clothes

T-shirts
Trousers (not jeans)
Pants
Socks
Cap
Jumper
Raincoat
Shorts

Wet Kit

Buoyancy aid*

Wetsuit*
Swimming costume
Rash vest*
Wet Boots/ trainers
Sailing gloves*
Kagool/ windproof
Towel

Sleeping stuff

PJ's
Sleeping bag
Wash Kit

*Not required but recommended.