

# Adventure Training



## Packing List

Before you start to pack your bags please be aware that you will be living in shared accommodation so space for personal possessions is limited. You will need to be able to carry your own luggage comfortably or pull it along when we are traveling.

<b>Daily necessities:</b>		<b>For your studies:</b>	
A few changes of clothes		Bible, notebook and pens	
A smart/tidy outfit for going out		A laptop (if possible)	
Travel alarm clock		Kindle or tablet with Kindle app	
Towels			
Toiletries		<b>For practical work:</b>	
Dressing gown		Old clothes for decorating/gardening	

<b>For outdoor pursuits:</b>		<b>Optional extras:</b>	
Old trainers (tennis shoes)		Bike (for use around Llanelli)	
Comfortable clothes (not jeans)		Good books to read	
Fleece/warm jumper/sweater		Camera	
Cagoule/rain jacket		Sunglasses	
Walking boots/walking shoes		Small flask (thermos)	
Warm hat		Cards/small travel games	
Warm sleeping bag		Musical instruments	
Water bottle (1 litre capacity)		Ear plugs (useful in dormitories!)	
Torch (flashlight)		Flip-flops for around the centre	
Warm gloves		Sun cream (sunscreen)	
Swimming gear (no bikinis!)		Device to record teaching	

<b>For your personal medical kit:</b>		<b>For travelling:</b>	
Plasters (band-aids)	Crepe (ace) bandages	Rucksack (backpack)	
Antacid tablets	Anti-Allergy tablets	Small rucksack/bag for day use	
Antiseptic cream	Throat lozenges	Headscarf (for women)	
Sterile wipes	Personal medication	Sleeping bag liner	

Additional items will be needed for your medical kit when heading for your mission trip; these items will be outlined when you arrive and there will be an opportunity to buy them locally or you can borrow them from the team here.

**PLEASE NOTE: You will NOT need to bring your own bedding to the Centre for the Nations, it is provided for you.**

**Special note re: clothing in and around the Centre for the Nations**

- The Centre is constantly used by people of many different nationalities and backgrounds. Please feel free to express yourself in your choice of clothes but also please take care not to offend - e.g. for women – no low-cut tops or midriffs showing, and for men – please keep your shirts on.
- As the Centre is used for both residential and working purposes, you need to take care to be dressed when passing through communal areas i.e. not wearing just a towel. Please bring either a dressing gown or an easy to wear outfit such as jogging trousers and t-shirt to wear on your way to and from the bathrooms, or when going downstairs to get a drink.
- You may find it useful to bring a pair of flip-flops for wearing indoors; however, they are not allowed in the kitchen area. You are welcome to bring slippers, but they should not be worn in lectures, meetings or the kitchen.
- There is a self-service laundry on site so you will be able to wash and dry your own clothes for a small fee.