



# Spain

## KIT LIST

*Don't leave home without.....*

- Wash kit and towel
- A week's worth of any medication you take.
- Clothes - don't forget underwear, socks, pyjamas.
- Comfortable walking shoes/trainers/boots
- Suntan cream (see above)
- Towel and swimsuit
- Waterproof - be prepared !
- Pencil case
- Mosquito spray and bite cream
- Reusable water bottle (75cl or 1 litre)
- Washable packed lunch box

*Optional items*

- Hairdryer
- Camera
- Mobile phone and charger
- iPod / iPad
- Books/magazines etc.
- Continental (2 pin) adaptor plug
- Day bag (small rucksack, or similar)
- Money - in EUROS (you may like to take a small amount of sterling for the journey).