

High Flyer - Kit List

Clothing

- Sneakers/ Takkies or boots. (comfortable and rugged shoes)
- Shorts
- Jeans/ Tracksuit
- Light windbreaker or fleece top
- Warm Top for emergency
- Hat/ peak
- Swimming costume

Bedding

- Sleeping Bag or Duvet
- Pillow

Toiletries

- All necessary toiletries – Yes there are hot showers!

Extras

- Sun cream
- All necessary medication
- Towel
- Camera
- Sense of humor!!!!
- Sense of Adventure

Please note: You may get a little dirty and you may get a little wet. So bring clothing that you don't mind getting spoilt