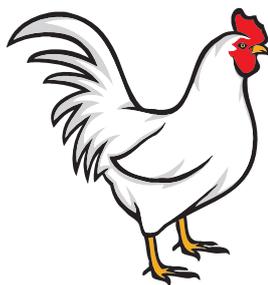
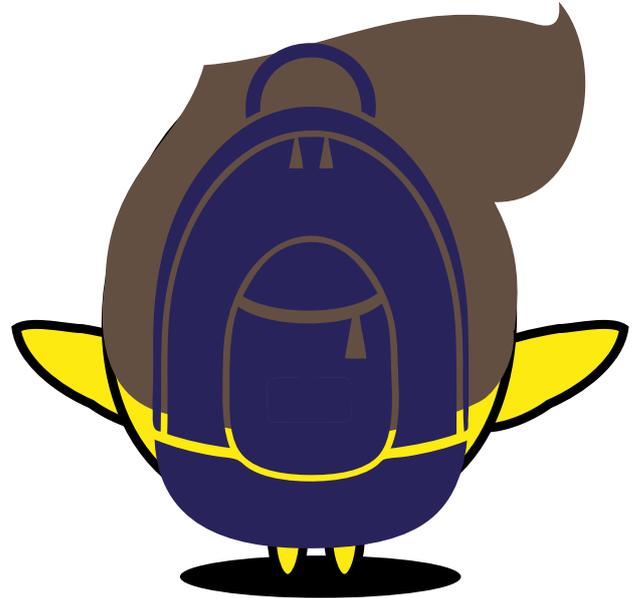


WHAT TO PACK



- Your Inside Out T-shirt, if you have one! You will be given 4 Inside Out T-shirts on arrival
- Extra T-shirts
- Sweatshirt
- Shorts
- Jeans
- Underwear plus socks (including thicker socks for hikes)
- Pyjamas
- 2 pairs of sports shoes
- A hat (this is compulsory outside)
- Swimsuit, towel and goggles
- Cycling helmet if you have one
- Toothbrush, toothpaste, showergel, shampoo, suncream and lipsalve
- Water bottle
- Sleeping bag
- Small backpack
- Small torch
- €30 Euros

All Items to be clearly marked



Insideout - to INFINITY and BEYOND!

