PACKING LIST FOR SCHOOLS:

Cycling Camp

Clothing / shoes	You should also take this with you
☐ T-shirt	☐ Swiss Army knife
\square Warm pullover	☐ Case
\square Long trousers	\square Note pad
☐ Shorts	☐ Book
☐ Plenty of socks	\square Drinks bootle
\square Plenty of underwear	\square Playing cards / games
\square Nightwear	\square Bag for dirty laundry
\square Sportswear	☐ Torch
\square Sun hat	☐ Pocket money
☐ Sunglasses	☐ Charger
☐ Swimwear	☐ Wallet
☐ Bathtowel	(ID, health insurance card, etc.)
☐ Shower towel	
☐ Slippers	For the cycle tour
\square Hiking shoes/outdoor shoes	☐ Bicycle
☐ Trainers	☐ Bicycle helmet
☐ Small rucksack for day trips	☐ Cycle lock
	☐ Sports glasses
Essentials	☐ Spare T-shirt for day trips
☐ Thoothbrush	☐ Rain protection
☐ Toothpaste	☐ Cycling shorts, if required
☐ Deodorant	☐ Cycling gloves, if required
☐ Shower gel / shampoo	
☐ Sun cream	
\square Lip balm	Extras:
☐ Tissues	
☐ Hairbrush	
☐ Hairbands	
\square Hygiene products	
\square If required, personal medication	
\square Plasters and antiseptic agents	