

## **KIT LIST FOR 5 DAYS**

### **Desert / Wadi / Camp clothing:**

1. 4 x Cool, comfortable shorts / trousers
2. Trainers / sports shoes (no flip-flops)
3. 4 x Cotton long sleeve shirt to give good sun protection.

### **Mangroves Clothing:**

4. 2 x long quick-dry trousers; or a knee-high long pair of thick socks.
5. Closed trainers/sports shoes that can get wet (no flip-flops or crocs)
6. 2 x old T-shirts to wear in the water or ideally a “rash vest”/ “surfers top” which is made out of lightweight, stretchable material protecting the student from the sun and in cooler months, provides warmth when wet, as opposed to cotton
7. Spare shirt and shorts as a change of clothing for the end of each day
8. Towel
9. Swimming trunks / bathing suit

### **General Equipment:**

10. Hat
11. Sun glasses
12. Sun block cream
13. Backpack
14. Water bottle (Drinks will be provided)
15. Wash kit (soap, toothbrush)
16. Torch
17. Shorts and T-shirt to for sleeping
18. Socks x 5 pairs
19. Underwear x 5 pairs
20. Warm top to wear for evening around camp fire and in cooler months 2 thicker tops i.e. hoodie
21. Sleeping bag
22. Day pack for carrying water, hat, sun glasses and a change of clothes
23. Laptop (to be used for data collation and analysis in the evenings)
24. Ecoventure advises against the use of mobile phones during the actual study days due to the high chance of damage.