Based on previous residential trips, below is a set of suggested items to bring along to the Porthpean camp (a general rule of thumb is plenty of OLD clothing):

* Suitable clothing and footwear for the activities planned.
* Footwear MUST be worn when participating in the water sports activities (first day). Old trainers, plimsolls, wet shoes etc are all fine.  **(Flip Flops, Crocs and Reefs are not allowed as they can come off easily)**.
* Wellington boots or trainers for land based activities (cycling, problem solving and high ropes).​
* Nightwear.
* Waterproof jacket and trousers.
* Swim wear.
* Sun hat, woolly hat and sun cream.
* Personal toiletries including towel and hand soap​.
* Sleeping bag, pillow and maybe a blanket​.
* Torch​.
* Lunch box and drinks container​
* Mug for bedtime drink​
* Any medication needed (asthma inhalers, allergy tablets etc) given to leader.
* 2 black bin liners for dirty and wet clothes​
* Small rucksack for day use​

To ensure leaving the camp is as smooth as possible, Porthpean also recommend clothing is labelled.