



CHECKLIST OF SENSIBLE KIT

ESSENTIALS

- Passport
- EHIC card
- Money— € and £
- Any required medication, including travel sickness tablets
- A toilet roll (because you never know!)

LEISURE

- Small rucksack or similar bag for daily use
- Books and/or music for the journey and evening down-time
- Mobile phone and camera (taken at own risk)
- A European electrical socket (plug) adapter

SUGGESTED CLOTHING & FOOTWEAR

- 1 pair of jeans and 1 pair of suitable walking trousers
- 2 t-shirts/long sleeved shirts
- 1 warm fleece/jumper/hoodie
- 1 pair of walking boots/shoes or wellies
- Spare pair of socks
- 1 pair of trainers for leisure time
- Waterproof jacket
- Underwear for at least 2 days
- Pyjamas/nightwear
- Warm hat, scarf, gloves

PERSONAL

- Personal washing kit & towel
- 1 water bottle
- Sunglasses
- Wet wipes/tissues
- Sun cream

*If you have any questions that aren't covered by the information on this sheet please do give Zeitgeist Tours a call on **07541 981417** or send an email to info@zeitgeisttours.com*

