

What's essential?

Personal Qualities and Skills

Develop independence and use initiative

Can you:

Pack your bag for Arete or another adventure

Additional information:

Have a look at our help videos about what to choose

[Arete Kit list](#)

At Arete:

At Arete you will be given lots of instructions of things you will need to pack for your day of adventure. From the correct clothes, to lunch and snacks for the day. You will have to choose the best clothes you have for the day.

Check the weather: Before you pack your bag it is a good idea to check the weather forecast. Check out the Metoffice for your local weather guide. Once you have seen the forecast think ahead for what items you might need to pack. The weather might determine where you go, if it is very windy you might want to choose somewhere that might give you shelter? For any tips check out our video on how to pack a bag.



Pre Course Ideas:

- Make a list of the essential things you need for a day out or an activity such as swimming at school.
- Take charge and pack a bag for a day out making sure you have the essential items to complete an activity eg food/water,
- Pack your own bag for Arete - follow the [kit list](#) provided and add your own essentials but remember you need to be able to carry it!

<https://www.aretecentre.co.uk/schools-youth/parents-guide/#kit>

