

La Rando des Vignes

The checklist for La Rando des Vignes 2

To camp

- Tent (small and light one)
- Mattress/air mattress with pump
- Sleeping bag, pillow
- Pocket-light (or head light)
- Toilet paper
- Bath-towel
- Toilet case
- Old rags (to clean the tent)

To eat

- Plate
- Cup or bowl, plastic glass
- Fork, knife, spoon
- (Detergent, sponge)

To roll

- Skates
- Small backpack
- Waterbottle
- Pair of sandals, slippers or light shoes
- Helmet (Mandatory)
- Protections (Minimum wrists and knees)

To Survive

- Sunglasses
- Sun protection (cream)
- Hat for the sun (at noon)
- Mosquito repellent
- Plasters/Band Aid
- Passport
- Medical certificate for skating

- Arm-band fluo or luminous (if you have)
- Wrench or Allen-key
- Spare bearings, spare parts (break pad, axles, wheels, ...)
- Old rags, Oil, WD40, ... (In order to clean your skates if it rains)

To wear

- Sportsclothing
- Warm sweater
- Pair of long trousers
- Pair of shoes
- Sufficient underwear and socks
- Windbreaker/raincoat
- T-shirts
- Shorts
- Swimming suit (To swim in lakes)

To play

- Games
- Music-instrument
- Your favorite music (mp3, CD, ...)