

Activity Kit List

All Activities require clothing suitable for the weather that day. If it is cold dress warmly, tracksuit bottoms, warm jumpers, coats. If it's sunny wear knee length shorts, t-shirt (no vests or strappy tops), a hat. Protect your skin and drink plenty of fluids. Bring a water bottle.

Waterproof Jackets are supplied on all activities

Abseiling

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Beach Walk

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Caving

Lightweight clothing to go under a boiler suit.
Sensible footwear with socks.

Climbing

Warm comfortable clothing

Sensible footwear – trainers or boots.

Team Trail

OLD clothing MUST have Long sleeves, trousers & Socks.

Trainers to get wet or wet shoes.

High Ropes

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Mountain Biking

OLD clothing MUST have Long sleeves, trousers & Socks.

Sensible footwear – trainers or boots.

Mountain Board

OLD clothing MUST have Long sleeves, trousers & Socks.

Sensible footwear – trainers or boots.

Body Boarding

Swimwear & towel, light clothing for before & after.

Trainers to get wet or wet shoes.

Canoeing

Warm comfortable clothing to get wet, shorts when hot.

Trainers to get wet or wet shoes.

Kayaking

Warm comfortable clothing to get wet, shorts when hot.

Trainers to get wet or wet shoes.

Surfing

Swimwear & towel, light clothing for before & after.

Trainers to get wet or wet shoes.

**ABSOLUTELY NO JEWELLERY ON SESSIONS OR EVENING ACTIVITIES.
ASTHMATICS MUST TAKE INHALERS TO EVERY SESSION AND EVENING ACTIVITIES.**