

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.

Abseiling

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Beach Walk

Warm comfortable clothing.

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.

Caving

Lightweight clothing to go under a boiler suit.

Sensible footwear with socks.

Climbing

Warm comfortable clothing.

Sensible footwear – trainers or boots.

High Ropes

Warm comfortable clothing.

Sensible footwear – trainers or boots.

Kayaking

Warm comfortable clothing to get wet, shorts when hot.

Trainers to get wet or wet shoes.

Mountain Biking

OLD clothing MUST have Long trousers & Socks.

Sensible footwear – trainers or boots.

Mountain Board

OLD clothing MUST have Long sleeves, trousers & Socks.

Sensible footwear – trainers or boots.

Surfing

Swimwear & towel, light clothing for before & after.

Trainers to get wet or wet shoes.

Team Trail

OLD clothing MUST have Long sleeves, trousers & Socks.

Trainers to get wet or wet shoes.

WATERPROOF JACKETS ARE PROVIDED FOR ALL ACTIVITY SESSIONS

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