

Activity Kit List

Water Activities

Canoeing, Kayaking, Bell Boating,
 Raft Building, Bridge Building

WHAT TO WEAR:

- Comfortable clothes
- Old shoes you do not mind getting wet
- A waterproof coat

Winter: Gloves, hat, warm jumper/fleece,
 waterproof coat

Summer: Hat, sun cream, cold drink

WHAT TO BRING:

- A complete change of clothes, including shoes
- A towel and soap/shower gel

DO NOT WEAR:

- Jeans
- Wellies
- Flip Flops or any shoes that will fall off
- Jewellery
- Skirts
- Just shorts or a T shirt in winter

Land Activities

Air Rifles, Archery, Bushcraft,
 Fencing, Orienteering, Team Building

WHAT TO WEAR:

Trainers
 Trousers
 T shirt
 Jumper
 Waterproof coat
 There is a chance of getting muddy

DO NOT WEAR:

Shorts
 Jewellery
 Flip Flops
 Skirts

N.B. Fencing requires long trousers, shorts are not permitted for this.

High Ropes Activities

Abseiling, Aerial Trekking, Climbing,
 Crate Stacking, High All Aboard,
 Inclined Beam, Jacobs Ladder,
 Leap of Faith, Powerfan, Zip Line

WHAT TO WEAR:

- Trainers
- Jogging Bottoms or Leggings

Winter: Gloves, hat, warm jumper/fleece,
 waterproof coat

Summer: Sun cream, cold drink, T-shirt

DO NOT WEAR:

- Jeans
- Jewellery
- Vest tops/Strappy tops/Short tops
- Skirts
- Boots/Flip flops/Slip on shoes/high heels

Notes for all activities

- Avoid loose clothing
- Long hair must be tied back
- Plasters on cuts and grazes
- Extra warm clothing would be advised in colder weather due to waiting times
- Bring lots of Sun Cream on sunny days
- Remember soap and a towel
- Remove all jewellery



INVESTOR IN PEOPLE



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Approved Centre for Climbing, Trekking and Water sports No. L9068/R0628