



Kit List Recommendations

CLOTHING

- Warm tops e.g. sweatshirts, track-suit tops, fleeces. Generally lots of thin layers are better than one thick layer. This is especially important on days when the weather is not particularly warm.
- Track suit trousers or lightweight trousers, NOT JEANS as they are restrictive and, when wet make you lose heat very quickly. Old PE kit is best.
- Waterproof/windproof top and trousers (to block the wind chill effect) are very important, not just for activities, but also to wear generally in inclement weather. They don't have to be expensive, basic quality ones are fine.
- If the weather looks good, shorts and T-shirt can be worn. Shorts must be at least knee length.

WATER ACTIVITIES

- Warm clothes/layers you are happy to get wet. (A wet suit is a good choice if you have one and are able to get in/out of it without assistance, but if not leggings or joggers and a sweatshirt will be just as good)
- Warm clothes to get changed into after.
- Shoes to use in the water that you are happy to get wet and a pair to put on after. (please see footwear below)

FOOTWEAR

It is important that the shoes will stay on your feet even in the water and need to cover the feet (no crocks, flip flops, wellington boots or walking boots that are too big). An old pair of trainers works best.

OVERNIGHT STAYS

- Sleeping Bag
- Pillow and Pillow Case
- Wash bag to include toothbrush, tooth paste, shampoo and soap.
- Pyjamas
- Medication

OTHER ITEMS

- Towels
- Sun protection cream of the strength that you normally use.
- If camping on site, please wear your normal clothing/footwear, camping gear etc and also bring a torch as you may need to move around at night (i.e go to toilet).

Plastic bin liners to put wet gear in for the journey home. NO CROCS or FLIP FLOPS PLEASE.

Face Mask

Please be aware that we require a face mask to be worn whilst on the roped activities by adults and children. This is due to the fact that their face will be directly next to the apparatus and it is not reasonably possible to sanitise. This way we keep the apparatus clear of any germs from our mouths and reduce the risk of transmission. If a child is unable to wear a facemask (EXEMPT) they can also wear a face shield if it has been pre agreed. All other activities are face mask free.