



## Rock and River Outdoor Pursuits

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### **Rock and River Kit List**

#### **What to bring with you:**

Complete change of clothes (including shoes)  
Medication (if required)  
Refillable Drink Bottle  
Waterproof jacket  
Waterproof trousers (if you have them)  
Warm Layer for example a fleece jacket  
Towel  
Sun cream and hat / winter hat and gloves  
Money for the tuck shop if wanted (and / or café when open)  
Bin Bag (for wet clothes)

#### **What to Wear:**

Tracksuit bottoms / leggings / shorts  
Thin layers (e.g. T-shirts etc)  
Fleece or Jumper  
Trainers or walking boots

#### **Please do not wear:**

Hooded Tops / Hoodies  
Welly Boots for water activities  
Jeans or Denim  
Woollen jumpers  
Skirts  
Jewellery (e.g. ear rings, rings, necklaces etc)  
Cropped or short tops  
Short shorts

**Please prepare appropriately for the weather conditions and the time of year.**