

# WHAT TO WEAR FOR ACTIVITIES

**BRING A  
WATER  
BOTTLE &  
TORCH**

## **WATERSPORTS - SUP. RAFT BUILD. CANOE. KAYAK**



- LONG SLEEVES AND TROUSERS, MINIMUM OF 3 LAYERS ON TOP IN WINTER **PLUS** A WATERPROOF JACKET!
- OLD SHOES THAT CAN GET WET
- A TOWEL AND SPARE JUMPER IN A BAG!



## **HIGH ROPES. ABSEIL. ZIPWIRE. JACOBS LADDER. SURVIVAL. BIVI.**

### **.LOW ROPES. CLIMBING. CRATE STACK**

- LONG SLEEVES AND TROUSERS
- TRAINERS OR WALKING BOOTS/SHOES



## **AXE THROWING. IE'S. COMPASS. HILLWALK. VOLLEYBALL. NATURE TRAIL. EVENING WALK. MANOR OLYMPICS. WIDE GAMES. TEAM GAMES. VIDEO. QUIZ. DISCO. ORIENTEERING. SCAY HUNT. CAMPFIRE. AREOBALL**



WEATHER DEPENDENT- T-SHIRT AND SHORTS IF APPROPRIATE WEATHER.

### **BLINDTRAIL. OBSTACLE COURSE**

- WATERPROOFS
- OLD SHOES
- VERY MUDDY!
- LONG SLEEVES
- LONG TROUSERS

### **ARCHERY**

- LONG SLEEVES
  - LONG TROUSERS
- ### **FENCING**
- LONG SLEEVES
- ### **RIFLES**
- LONG SLEEVES



### **FOR ALL ACTIVITES!**

- NO JEANS
- NO WELLIES, CROCS, FLIPFLOPS, UGGS
- LONG HAIR TIED UP
- JEWELLERY/PIERCINGS REMOVED
- TAKE A RAIN COAT TO ALL (JUST IN CASE)
- SUNCREAM/HAT/GLOVES WEATHER DEPENDANT

