



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)
Packed lunch
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
Bin Bag (for wet clothes)

What to Wear:

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

Please do not wear:

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

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