



Kit List

Recommendations

CLOTHING FOR GENERAL ACTIVITIES.

- 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.
- If the weather looks good, shorts and T-shirt can be worn. Shorts must be at least knee length.
- Shoes must be 'closed toe'. - We find old trainers are the best for this!

CLOTHING FOR WATER ACTIVITIES.

- Warm clothes/layers you are happy to get wet. Old PE kit works best. Wet suits can be worn. However, if you are wearing swimwear, you must wear layers over the top.
- Warm clothes/socks/shoes to get changed into after.
- Shoes must be worn. We recommend Shoes to use in the water that you are happy to get wet and a pair to put on after. Must be 'closed toe' and therefore stay on your feet. Wet shoes can be worn.
- **No cros, flip flops, wellington boots or walking boots**

OTHER ITEMS

- Towels
- Sun protection cream of the strength that you normally use.
- **Medication** - Individuals will not be allowed on session without prescribed medication such as Inhalors/Epipens.

OVERNIGHT STAYS AND RESIDENTIALS.

- Sleeping Bag
- Pillow and Pillow Case
- Wash bag to include toothbrush, tooth paste, shampoo and soap.
- Pyjamas - Bring lots of layers just incase!
- **Medication** - Individuals will not be allowed on session without prescribed medication such as Inhalors/Epipens.
- No electrical items. Phones/iPads/Tablets

Plastic bin liners to put wet gear in for the journey home. .