

# ACTIVITY KIT INFORMATION

Below is an outline of recommended clothing for each of our instructed activities.

Please note: If your activity is not listed here, then there is no particular required clothing for that activity.

<b>ABSEILING</b>		The top of the abseiling tower can be quite cold, so make sure you dress appropriately. Please wear non-slip shoes, no jewellery and tie back long hair.
<b>ARCHERY</b>		Please wear closed toe shoes and tie back long hair.
<b>BMX</b>		Old clothes to be worn, especially if it's raining.
<b>BUSHCRAFT AND CAMPFIRE</b>		Please wear warm outdoor clothes (long trousers) waterproofs and trainers/wellies (not sandals).
<b>CAVING</b>		Old clothes and wellies are recommended. We will provide overalls to go over the top of your clothes.
<b>CLIMBING AND INDOOR CLIMBING</b>		Closed toe, non-slip shoes are best for this activity, ideally trainers. Trousers or long shorts are also best when wearing a harness. Jewellery should be removed and long hair tied back.
<b>FENCING</b>		Long trousers are best, as well as closed toe shoes. Wear a lightweight top layer as fencing jackets can be quite warm.
<b>GEOCACHING AND ORIENTEERING</b>		Suitable outdoor clothing and shoes should be worn. Waterproofs may also be needed.
<b>GORGE WALK</b>		Old clothes and shoes should be worn. Be ready to get wet.
<b>HIGH ROPES</b>		Trainers are best for high ropes, as well as long shorts (below the knee) or trousers, and ideally a long sleeved top. Please wear closed toe, non-slip shoes. Tie back long hair and remove jewellery.
<b>KAYAKING, OPEN CANOE AND RAFT BUILDING</b>	 	Wear old clothes (including shoes) and be ready to get wet. Please DO NOT wear jeans or wellies. Be prepared with a towel and a full change of clothes for after the session.
<b>MOUNTAIN BIKING</b>		Old clothes and trainers are recommended.
<b>NIGHT HIKES</b>		Comfortable shoes (that could get muddy) should be worn. Warm clothes (and waterproofs) will be needed, especially in winter, as well as a torch.
<b>PEDAL KARTING</b>		Can be very wet, dirty or dusty, so please be prepared.
<b>WALK THE PLANK</b>		Old clothes and wellies are best for this activity.
<b>WATER WALKERZ</b>		Wear your swimming costume with shorts and a T-shirt over the top. Please bring a towel; you shouldn't get wet, but it's good to be prepared!