Essential Kit

What to bring if you are staying here

✓ Water bottle
✓ Warm hat and gloves
✓ Waterproofs
✓ Walking boots or trainers with good tread
✓ Sun block cream and cap/sun hat/long sleeved shirt (depending on the weather)
✓ Washing kit
✓ Towels x 2
✓ Medication i.e. inhalers, anti-histamines (e.g. Piriton in case of allergic reactions)
✓ At least 3 complete changes of clothes (old clothes)
✓ Sleeping mat (Cross Meadow only)
✓ Sleeping bag (Cross Meadow only)
✓ Pillow and pillowcase (Cross Meadow only)

What to leave at home

✓ iPods, MP3’s, tablets, radios, TV’s
✓ Computer games
✓ Mobile phones
✓ Best clothes
✓ Valuables, including jewellery
✓ Good jeans
✓ Shell suits

If you like it - leave it at home!
Essential Activity Clothing

Climbing / Abseiling
- T-shirt, jumper / sweatshirt
- Tracksuit bottoms
- Walking boots or trainers with good tread

Caving/Gorge Walking
- T-shirt, sweatshirt
- Tracksuit bottoms
- Wellington boots or walking boots or trainers with good tread
- Waterproofs if Gorge Walking

Raft Building / Canoeing
- Swimming costume
- T-shirt, sweatshirt
- Shorts / tracksuit bottoms
- Trainers you don’t mind getting wet!!

Team Building / Low Ropes
- T-shirt, sweatshirt
- Tracksuit bottoms/shorts
- Walking boots or trainers with good tread

All Terrain Biking
- T-shirt, sweatshirt
- Shorts / tracksuit bottoms
- Trainers you don’t mind getting muddy!
- Gloves

Mountain Days
- Waterproofs
- Walking boots and socks
- Rucksack
- Hat / gloves
- Warm clothing

Please note
- Please remember to dress appropriately for the weather conditions.
- If you are asthmatic or have any other condition that needs medication, take this to each and every activity and let the instructor know before the activity commences.
- DO NOT wear jeans, expensive clothing or inappropriate footwear on any activity session.
- DO NOT wear jewellery on any activity; this includes rings, necklaces, earrings and watches.