What to bring with you

FOR WATERSPORTS

Generally, between October & March wetsuits will automatically given out, as the water temperature may still be a bit on the chilly side! Other months, the instructor will decide if they are appropriate for your session.

Please do bring swimwear for under the wetsuit, or a spare set of underwear.

Always bring a spare pair of trainers that you don’t mind getting wet, or a pair of wetsuit shoes (if you have them).

For all other times of the year, you should bring a complete change of clothes and footwear to include:

• T-shirt/sweatshirt or a base layer/thermals, Fleece (for cold weather)

• Footwear: wetsuit shoes/boots, if you have them, or plimsolls, old trainers (but not thick-soled trainers as you may not fit or be comfortable in the boat) BUT NO FLIP FLOPS PLEASE

• Sun hat & sun protection cream in spring/summer

• Towel & wash kit

FOR LAND BASED ACTIVITIES - including Team Building, Archery, Tribal Survival, Orienteering, Tunnels etc

Please bring with you a complete change of clothes, including footwear:

• Trainers (boots in winter or when wet)

• Sun hat (in spring/summer)

• Sun protection cream (in spring/summer)

• Warm hat (in autumn/winter)

• Towel & wash kit

All activities:

• A strong plastic bag - to take wet things home in

Always wear clothes appropriate to the weather, i.e. more layers in winter. If you wear glasses remember to bring something to secure them with, or we do have string!

Residential camping:

Sleeping bag and pillow (duvet should you not have a sleeping bag)

Extra warm jumper or blanket for when the sun goes down

ALWAYS BRING WITH YOU ANY MEDICATION THAT IS REQUIRED AND LET YOUR INSTRUCTOR KNOW

MOST IMPORTANT OF ALL

ALWAYS BRING PLENTY OF ENTHUSIAM, FUN & LAUGHTER ! ! ! !