



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.