

PREPARING FOR ACTIVITIES

Please ensure you are appropriately dressed and prepared for the activity and weather or you will not be permitted to participate. Warm clothes, waterproofs, sun cream and midge repellent should be worn as necessary. For activities requiring helmets; hats must be removed and hair tied back in a low pony tail. Please be aware that session times include fitting of equipment and returning equipment to stores, arrive prepared in plenty of time

YOU MUST HAVE ANY REQUIRED MEDICATION WITH YOU AT ALL TIMES. YOU MUST INFORM YOUR INSTRUCTOR OF ANY RELEVANT INFORMATION WHICH MAY AFFECT YOUR PARTICIPATION.

ARCHERY:

Arm bracers will be provided however we recommend a long sleeved top

ABSEILING, CLIMBING, PARADROP, POLE CLIMB AND CRATE CLIMB:

Please ensure long hair is tied back and loose clothing is tucked in. Footwear with full foot coverage. (Crate Climbing is easiest in trainers)

MOUNTAIN BIKING:

We recommend long sleeve tops and full length trousers (please do not wear loose trousers as they can get caught in the chain).

KAYAKING, CANOEING AND RAFT BUILDING:

Foot wear must be worn and cover the whole foot. Ensure you have a change of clothes, including towel and shoes.

TEAM BUILDING:

Wear old clothes and shoes (with full foot coverage). A change of clothes, towel and footwear is also recommended for some challenges.

WATER WALKERS:

You will be asked to remove your shoes, please ensure all infections/wounds are covered, a change of socks may be required.

FENCING

Full length trousers and footwear with full foot coverage.

ORIENTEERING, NATURE WALK, WIDE GAMES:

We suggest long trousers, please check for ticks if you have been in long grass.

OFFSITE ACTIVITIES

It is a good idea to take a day bag with spare clothes, medication, lunch and water. Group leaders must ensure emergency contact info is provided to reception.

it's where the action is!

RESIDENTIAL EQUIPMENT LIST

ESSENTIAL

PACKED LUNCH FOR DAY 1

MEDICATION

PLENTY OF SPARE CLOTHES (FROM OCTOBER ONWARDS PLEASE ENSURE YOU BRING WARM CLOTHES)

GLOVES AND HAT

TOWEL AND TOILETRIES

WATERPROOFS

INDOOR FOOTWEAR/SLIPPERS

OUTDOOR FOOTWEAR

NICE TO HAVE

CAMERA

DAY BAG

HAIRDRYER

(CARDS/GAMES/DVDS FOR EVENINGS)

it's where the action is!