**ACTIVITY KIT LIST**

**Water Activities**

* Clothes that you don’t mind getting **very** wet (Preferably long sleeves)
* Warm clothes and layers (even in the Summer, it can get very cold on the lake)
* Suitable closed toed footwear for the water (open toed shoes such as flip flops or sandals are not suitable)
* A complete change of clothing
* A spare pair of shoes
* A towel
* Waterproof top and bottoms
* Any medication that you need, i.e. asthma inhaler, epi pen etc.
* A piece of string or a retainer if you need to wear glasses
* A hair bobble if you have long hair
* Wash kit if you would like to have a shower afterwards
* Lunch if you are down for the whole day
* We will supply all safety equipment such as helmets and buoyancy aids but do not supply wetsuits, if you have your own you are welcome to use it

**On Site Land Activities**

* Clothes that you don’t mind getting muddy
* A top with long sleeves
* Suitable closed toed sturdy footwear such as trainers or walking boots (flip flops, sandals or crocs are not suitable)
* Waterproof top and bottoms
* Any medication that you need, i.e. asthma inhaler, epi pen etc.
* A hair bobble if you have long hair

Caving & Ghyll Scrambling (in addition to the above)

* Clothes that you don’t mind getting wet (long sleeves and long trousers)
* Waterproof top and bottoms that can get very wet and muddy
* Trainers or Walking Boots for Ghyll Scrambling
* Wellies or Walking Boots for Caving
* A **complete** change of clothes and footwear
* Towel
* A plastic bag or similar to put wet clothes in

**Don’t**

• Wear Jeans

• Bring anything of value such as iPods etc

• Wear jewellery

• Wear cotton where it can be avoided

• Bring any item that may get damaged

• Forget your waterproofs

**Do**

• Bring sun cream and sun hats, woolly hats and gloves, dependant on the weather

• Wear old clothes; they may get wet, muddy or torn

• Wear synthetic fibres such as fleece and thermals