Activity Kit Lists

**Archery**

Sessions take place outdoors so please dress appropriate to the weather

Please wear a top with long sleeves

Glasses if you need these for shooting

**Field Archery**

Sessions take place outdoors so please dress appropriate to the weather

Please wear a top with long sleeves

Glasses if you need these for shooting

Robust foot wear as targets are in grassy locations

**Air rifle shooting**

This session takes place inside just wear something comfortable. Don’t forget your glasses if you need these for shooting.

**Assault course**

**This involves climbing under and over a series of obstacles including obstacles over water so there is a chance of getting wet**

Long sleeve top

Long trousers

Footwear you don’t mind getting wet

Not sandals, crocs or thin soled shoes

Wellies are fine in the winter

No jewellery

**Abseiling/crate stacking/climbing**

Comfortable clothing appropriate to weather

Long trousers not shorts

If you have long hair bring something to tie it back with

Trainers or boots not sandals

N o jewellery

**Watersports**

**Kayaking, canoeing, sailing, raft building, stand up Paddle boarding.**

Comfortable clothing

Old trainers or wet suit boots or beach shoes etc

These may get wet

No jeans

Depending upon the weather we may issue wetsuits. It is a good idea to bring shorts or swimming costume and long sleeve thermal base layer or T shirt to wear under wet suit.

If you wish you can bring your own wet suit

Towel and spare clothes and spare footwear.A changing robe is a great idea as it gives greater flexibility when changing after activity sessions

**Gorge walking/ Coasteering**

During the gorge walking/coasteering session you will be provided with a wetsuit and other appropriate safety equipment. We do not provide footwear.

Shorts/trunks or swimming costume and long sleeve thermal base layer or T shirt to wear under wet suit

Shorts to wear over the wet suit

Warm socks

Ideally walking boots with ankle support or trainers. If coasteering you will need to swim in the foot wear

Thin soled shoes, sandals, crocs or wellies are **not suitable**

All the above items will get wet.

In addition to the above please bring

A complete set of warm, spare clothing, footwear and a large towel

No jewellery

A changing robe is a great idea as it gives greater flexibility when changing after activity sessions

You are welcome to bring your own wetsuit if you have one

**Power Boating**

Wrap up warm.

 Wellies and waterproofs.

In summer time you may need sunglasses and sun cream

Spare clothes

Towel

If you have your own waterproofs please bring these

Hat and gloves

**Campcraft skills**

Old comfortable clothes appropriate to weather

Robust foot wear

It may end up smelling of smoke

**Cycling**

Long sleeves

Long trousers not baggy

Gloves (these will be provided if you don’t have any

Trainers are good

Cycling glasses if you have them (these will be provided if you don’t have any)

Not crocs or wellies

**Hill walking/D of E Groups (Day groups)**

Comfortable walking boots worn in properly

Thick socks

Small rucksack for spare kit

Waterproof top

Drinks bottle

Other useful items

Map and map case

If you are doing more than one activity in a day you may need more than 2 spare sets of clothing