

Kit List

General

- Torch (and spare batteries)
- Any medication required -e.g. asthma inhaler, hayfever tablets, Epi Pen
- Sleeping bag, pillow and nightwear (if staying overnight)
- Towel and toiletries
- Underwear and suitable clothing for activities (detailed below)
- Plastic bag for dirty or wet clothes
- Hat and winter gloves (October - March), or sun cream and hat in warmer months
- Something to tie your hair back if it's long
- Additional money for the shop if you would like to purchase a souvenir, snack food or drinks during your stay

Land based activities

- Trousers: 1 pair per 2 days + 1 if staying more than 2 nights (jeans not recommended)
- Shorts (weather permitting) –knee length or longer for activities
- T-shirts/base layers: 1 per 2 days + 1 if staying more than 2 nights (both long and short sleeves, not vest tops)
- Sweatshirts/hoodies/fleeces -1 per 2 days + 1 if staying more than 2 nights
- Closed toe sturdy footwear, e.g. trainers or walking boots x 2 or more pairs (flip flops, sandals or Crocs are not suitable. Wellies are not suitable for water and climbing activities)
- Waterproof jacket and trousers x 1

Water based activities

- Set of clothes that you don't mind getting very wet (preferably with long sleeves)
- Extra fleece layer (even in the summer it can get very cold on the water, especially when wet)
- Closed toe footwear for in the water (open toe shoes such as flip flops or sandals are not suitable)
- Full change of clothing, including underwear, socks and shoes
- Towel and toiletries for showers
- Waterproof top and bottoms
- String, cord or similar to secure your glasses if you need to wear them whilst on the water
- Lunch (if you are taking part in activities the whole day)

PLEASE NOTE: We will supply all safety equipment such as helmets and buoyancy aids. Where wetsuits are not required we do not supply these. However, if you have your own you are welcome to use it.

Caving and ghyll scrambling

- Set of clothes that will get wet (long sleeves and long trousers)
- Waterproof top and bottoms that will get wet and muddy
- Trainers or walking boots for ghyll scrambling; wellies or walking boots for caving
- A complete change of clothes, including underwear, socks and footwear.
- Towel
- Plastic bag or similar for wet and muddy clothes

DO

- Bring sun cream and hat/woolly hats and gloves (dependant on weather)
- Wear old clothes -they may get wet, muddy or torn
- Wear synthetic fibres, e.g fleece and thermals

DON'T

- Wear jeans or cotton where it can be avoided
- Bring any items of value or that might get damaged such as iPods, etc
- Wear jewellery
- Forget your waterproofs