

Kit list

All visits

- Suitable clothes for outdoor activities
- Waterproof jacket and trousers
- Gloves and hat in cold weather
- Sun cream and hat in warm weather
- Closed toe, sturdy footwear (e.g. trainers)
- Any medication that you might need
- Hair ties if required
- Money for a souvenir or snacks
- Water bottle and food as needed
- Rucksack

Overnight stays

- Pyjamas
- Toiletries and towel
- Torch and spare batteries
- Sleeping bag and pillow
(bedding provided at Great Tower and Hawkhurst)

Caving, ghyll scrambling and water activities

- Warm, long sleeved top and trousers
- Swimwear to wear underneath clothes
- Closed toe, sturdy footwear with laces
- Towel
- Bag for wet clothes
- Change of clothes and shoes for afterwards
- String or cord to secure your glasses

Mountain days

- Closed toe, sturdy boots with ankle support
- Thick walking socks

Top tips

- We supply all safety equipment such as helmets and harnesses. We only supply wetsuits where required, but you're welcome to bring your own.
- We recommend leaving jewellery, valuables and easily damaged items at home.
- Look for quick drying, light fabrics like fleece - avoid jeans, cotton and heavy fabrics.
- Flip flops, Crocs, sandals and wellies aren't suitable for our activities.
- Don't forget to label anything that might get lost!
- Don't bring your best clothes or shoes – they will get wet, muddy and worn!