

KIT LIST (All Activities)



General Kit (All Activities)	<p>You are advised to bring the following kit for all activities bearing in mind the fickle weather we have in the UK.</p> <ul style="list-style-type: none"> a) Personal medication b) Food & drink as appropriate for the activity c) Personal First Aid Kit d) Warm hat & gloves, sun hat and sun glasses, sun cream e) Clothing as appropriate for the activity (try to avoid cotton and denim items are cold when wet) f) Money g) A small rucksack to carry these items in.
Bushcraft	<p>For bushcraft you will need the following extra items:</p> <ul style="list-style-type: none"> a) Antiseptic wipes.
Canoeing & Kayaking	<p>For canoeing & kayaking you will need the following extra items:</p> <ul style="list-style-type: none"> a) Swimming costume & towel; b) A complete set of dry clothing or two; c) Old trainers which you do not mind getting wet; and d) A windproof coat.
Caving	<p>For caving you will need the following extra items:</p> <ul style="list-style-type: none"> a) A towel and complete change of dry clothes; b) A bag (bin bag will do) to put your wet clothes in.
Climbing & Abseiling	<p>For Climbing you will need the following extra items:</p> <ul style="list-style-type: none"> a) Trainers or rock shoes to climb in; b) Spare jumper / fleece; c) Waterproof trousers and coat; and d) You may also if you wish bring any personal items of climbing equipment you have (except ropes).
Hill Walking	<p>For hill walking you will need the following extra items:</p> <ul style="list-style-type: none"> a) Sturdy boots or shoes; b) Waterproof trousers / coats; c) Spare jumper / fleece; d) Map / Compass (if you have them); and e) Whistle / Torch

If you have any queries or require further advice then please contact us.