

# CHMAS Activity Kit List



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

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