

# Clothing & Kit Requirements

To ensure the comfort and safety of your group during activity sessions we recommend that you bring the following kit:

Waterproof Coat  
Waterproof Trousers  
Warm Jumpers/Fleeces  
Old Jogging Bottoms for Water sports  
Jogging Bottoms (for dry activities)  
Shorts  
Plenty of T-shirts  
Plenty of spare socks and underwear  
Hat and Gloves  
Sun Hat  
1 towel for showering  
Swimwear for water sports  
1 old towel for after water sports  
1 old pair of trainers for water sports  
1 pair of trainers for dry activities  
Wellies  
Plenty of hair bobbles  
A torch  
Sun cream  
Black bin liner labelled with name for wet clothes

This list is not exhaustive; those doing dry activities in summer will not need all the above whereas groups in the winter doing water sports may need more. Jeans are not recommended for activities due to poor thermal properties.

The list is only for activities; you will need extra clothes for your free time.

A drying room is available for residential groups. The heaters are timed to come on overnight and should dry clothes if they are properly stored.

Please make sure all clothing is clearly named as during busy periods groups may have to share use of the drying rooms.

All specialist equipment will be provided by the centre