

ACTIVITY KIT INFORMATION

Below is an outline of recommended clothing for each of our instructed activities.

Please note: If your activity is not listed here, then there is no particular required clothing for that activity.

ABSEILING		The top of the abseiling tower can be quite cold, so make sure you dress appropriately. Please wear non-slip closed toe shoes, no jewellery and tie back long hair.
ARCHERY		Please wear closed toe shoes and tie back long hair.
BMX		Old clothes to be worn, especially if it's wet. Wear closed toe shoes.
BUSHCRAFT AND CAMPFIRE		Please wear weather appropriate clothes and trainers/wellies (not sandals).
CAVING		Old clothes and wellies are recommended. We will provide overalls to go over the top of your clothes.
CLIMBING AND INDOOR CLIMBING		Closed toe, non-slip shoes are best for this activity, ideally trainers. Trousers or shorts just above the knee are also best when wearing a harness. Jewellery should be removed and long hair tied back.
FENCING		Long trousers are best, as well as closed toe shoes. Wear a lightweight top layer as fencing jackets can be quite warm.
GEOCACHING AND ORIENTEERING		Suitable outdoor clothing and shoes should be worn. Waterproofs may also be needed.
GORGE WALK		Old clothes and shoes should be worn. Be ready to get wet.
HIGH ROPES		Trainers are best for high ropes, as well as long shorts (just above the knee) or trousers, and ideally a long sleeved top. Please wear closed toe, non-slip shoes. Tie back long hair and remove jewellery.
KAYAKING, OPEN CANOE AND RAFT BUILDING	 	Wear old clothes (including shoes) and be ready to get wet. Please DO NOT wear jeans or wellies. Be prepared with a towel and a full change of clothes for after the session.
LOW ROPES, GREAT ESCAPE		Old clothes, complete change of clothes including shoes, there will be crawling so you may want trousers but this is not essential.
MOUNTAIN BIKING		Old clothes and trainers are recommended.
NIGHT HIKES		Comfortable shoes (that could get muddy) should be worn. Warm clothes (and waterproofs) will be needed, especially in winter, as well as a torch.
PEDAL KARTING		Can be very wet, dirty or dusty, so please be prepared.
WALK THE PLANK		Old clothes and wellies are best for this activity.
WATER WALKERZ		Wear your swimming costume with shorts and a T-shirt over the top. Please bring a towel; you shouldn't get wet, but it's good to be prepared!