



## Clothing requirements

Please be aware that clothes & footwear may get dirty, wet and/or damaged whilst on activities.

### Every Activity -

Please do not wear Jeans on any activity

- Lunch & a drink
- Waterproof Jacket & trousers (if available)
- Extra clothes if cold
- Hat & gloves if cold
- Sun Cream & sun hat if hot



### Problem Solving, Journey & Orienteering -

- Old Clothes – Trousers, Jumper & Waterproof Jacket
- Trainers or Suitable footwear
- Hat & Gloves
- Plenty of clothes if cold

### Climbing (Outdoors) -

- Trousers & Jumper
- Trainers or Suitable footwear
- Hat & Gloves

### All Terrain Biking -

- Long Trousers
- Long Sleeve Jumper
- Jacket
- Trainers

### Fencing -

- Trousers
- Long sleeve T-shirt
- Jumper
- Trainers
- Plenty to drink



### Water activities -

- Old Trainers
- T- shirt & Sweatshirt
- Tracksuit Trousers
- Swim Suit/ Swim Trunks/ Underwear
- Towel
- Black Dustbin Bag**

**Complete Change of Clothes with underwear/ socks & Footwear to go home in.**

The centre will provide all safety equipment.  
However this needs to be supplemented by the appropriate clothing.