

# KIT LIST (All Activities)



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## **General Kit (All Activities)**

You are advised to bring the following kit for all activities bearing in mind the fickle weather we have in the UK.

- 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 as these absorb water and are cold when wet)
- f) Money
- g) A small rucksack to carry these items in.

## **Hill Walking**

For hill walking you will need the following extra items:

- a) Sturdy boots or shoes;
- b) Waterproof trousers / coats;
- c) Spare jumper / fleece;
- d) Map / Compass (if you have them); and
- e) Whistle / Torch

## **Climbing & Abseiling**

For Climbing & Abseiling you will need the following extra items:

- 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).

## **Mountain Biking**

For Mountain Biking you will need the following extra items:

- a) Mountain bike;
- b) Helmet / gloves;
- c) Spare jumper fleece; and
- d) Waterproof trousers / coat.

## **Canoeing & Kayaking**

For canoeing & kayaking you will need the following extra items:

- a) Swimming costume & towel;
- b) A complete set of dry clothing;
- c) Old trainers which you do not mind getting wet; and
- d) A windproof coat.

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