

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.



Your arms will need to be covered to do some activities.

☐ Tops & jackets

☐ T-shirts

☐ Long sleeved shirt/T-shirts

☐ Waterproof jacket

☐ Fleece/jumpers

☐ Trousers or leggings

but not jeans as they get heavy and cold when wet



☐ Underwear & socks

Your socks will need to cover your ankles to do some activities.

☐ Swimming costume/trunks

for water activities

☐ 1 or 2 sets of

clothes for the evening



☐ Suitable nightwear

TRAVELLING IN THE...



...SUMMER?

☐ Shorts

☐ Baseball cap/sun hat

☐ Sunscreen



...WINTER?

☐ Warm coat

☐ Hat and gloves



WHAT TO BRING

Please ensure that all items are named.

FOOTWEAR

☐ 2 pairs of trainers

1 for activities

1 old pair for watersports

☐ 1 pair of dry shoes for evening activities



We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols
- ✗ Flip flops/crocs/sandals

If you bring your mobile phone, please note, it is not covered by our insurance.



OTHER ITEMS

☐ 2 towels



1 for showering

1 old one for activities

☐ Reusable drinks bottle

☐ Small rucksack/bag

☐ Labelled bin bag for wet and dirty clothing

☐ Sleeping bag or duvet and pillow (unless otherwise advised)

☐ Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

☐ Hair ties for long hair

☐ Torch

☐ Pocket money £10-20 Recommended

