



SCHOOL & YOUTH GROUPS - “WHAT TO BRING”



WATERSPORTS

- Swimming Togs, Shorts & T-shirt
- Old runners to wear in the water to protect feet (crocs, sandals, plimsolls or light neoprene slippers are not suitable)
- Towel
- Plastic bag for wet clothing

LAND ACTIVITIES

- Old runners
- Warm clothing appropriate to weather e.g. Tracksuit & Fleece top
- Rain jacket & leggings
- Hat & gloves (weather dependent).
- Denims or cotton clothing are not suitable for Outdoor Activities



RESIDENTIAL

- Sleeping Bag
- Towel & toiletries
- Extra clothes for length of stay

GENERAL

Our activities take place outdoors & in all weather. Come prepared:

- Change of clothing
- Drinks + reusable bottle
- Snacks/ pack lunch if required
- Medications – inhalers etc.
- Sun Cream

