



SCHOOL & YOUTH GROUPS - "WHAT TO BRING"



WATERSPORTS

The 4 T's

- **TOGS** (swimming togs or shorts)
- **T-SHIRT**
- **TOWEL**
- **TRAINERS** (Old runners to wear in the water to protect feet -croc's, sandals, plimsolls or light neoprene slippers are not suitable)
- **Gear bag for wet clothing**

If you have your own wetsuit bring it along.

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



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
- **Face Mask**

