

SUMMER CAMPS & YOUTH COURSES

“what to bring”

WATERSPORTS

- Swimming togs or shorts and T-shirt to wear inside wetsuit (wetsuit provided by centre)
- Old runners to wear in the water to protect feet (crocs, sandals, plimsolls or light neoprene slippers are not suitable)
- Towel
- Gear 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

GENERAL

- **HAND SANITISER**
- **FACE MASK**
- Change of clothing
- Sun cream
- Drinks (reusable bottle) / snacks/ pack lunch
- Medications – inhalers etc. if required.

