

# What to bring with you

If you are on a training course for a qualification, please bring any relevant logbooks.

## FOR WATERSPORTS

You should bring a complete change of clothes and footwear to include:

- T-shirt/sweatshirt or ideally a base layer/thermals, Fleece (for cold weather)
- Footwear: ideally wetsuit boots, or plimsolls, old trainers (but not thick-soled trainers as you may not fit or be comfortable in a kayak) **BUT NO FLIP FLOPS PLEASE**
- Sun hat & sun protection cream in spring/summer
- Towel & wash kit

Wear clothes appropriate to the weather, i.e. more layers in winter. If you wear glasses remember to bring something to secure them with.

FOR LAND BASED ACTIVITIES - including Team Building, Archery, Environmental Activities, Orienteering, Tunnels etc

You may need to bring a complete change of clothes including footwear in bad weather plus:

- Trainers (boots in winter or when wet)
- Waterproof jacket
- Sun hat (in spring/summer)
- Sun protection cream (in spring/summer)
- Warm hat (in autumn/winter)
- A strong plastic bag - to take wet things home in

**Please note, a packed lunch will be needed for all day courses!**

ALWAYS BRING WITH YOU ANY MEDICATION THAT IS REQUIRED

We hope you enjoy your visit...