

# CLOTHING & KIT LIST

What to bring on **ALL** courses:

- Loose warm/cool **comfortable clothing**, (not jeans) or shorts and T-shirt if the weather is very warm
- A lightweight anorak or cagoule – this will not only keep you dry but will keep the wind off.
- Footwear you can wear on and off the water. **Bare feet are forbidden**. Easily removed shoes are not ideal as they fall off in water and get lost.
- A lunch (if not provided) and a 1 litre water bottle
- A full change of dry clothes and towel
- Spare footwear
- Bin Bag to carry wet clothes home
- Individuals on whole day activities should bring sufficient spare clothes in case it rains or you get wet during the morning sessions
- On hot sunny days please ensure you and your group have **plenty of sun cream, of a high factor and plenty of water to drink**, as well as a hat (The Centre cannot supply sun lotion)
- On colder days, warmer clothes which can be layered, a warm hat, gloves and scarf are advisable, as are warmer socks, a flask with a hot drink and high energy foods
- Please be aware that **WETSUITS are only provided for windsurfing and coasteering sessions**. However, if you require one for other water based activities please enquire well in advance of your visit (A small charge may be made, if individuals have their own and wish to bring them, please feel free)

**CAVING:** **Wellington Boots are essential**; these provide excellent grip and traction and also provide foot & ankle protection. Walking boots are acceptable, but should also be avoided. **Trainers are not considered an acceptable form of footwear in the cave environment**. They offer little in the way of either traction or foot/ankle protection. **People wearing inappropriate footwear such as trainers, will not be allowed to participate in caving activities with the Centre. A very limited supply of wellington boots is available from the Centre; though please make prior arrangements for both availability and their use.**

It may also be a good idea to take a chocolate bar or other snack for those longer trips!

**ROCK-CLIMBING** or **MOORLAND WALKING:** It is essential that **stout, comfortable boots are worn for walking**. **Trainers are acceptable for Climbing** and a **waterproof coat** should be carried for both activities. Crags and moorland environments are commonly colder than other activity venues. Please dress and prepare appropriately

**PERSONAL BELONGINGS:** The Centre has limited storage space and facilities for personal belongings. Individuals should only bring with them the items they will use whilst at the Centre. **Although the Centre has group storage facilities, the Centre will not be held responsible for personal belongings which may go missing.**

**LOST PROPERTY:** we cannot guarantee that people's personal belongings left or lost at the Centre will be found. The Centre cannot return any lost property via the post. Lost Property is disposed of every 2 weeks.

[If in any doubt or you have any queries, please contact us for more information](#)