

## Clothing & Kit List

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The clothes used for activities are likely to get wet or dirty so please choose accordingly. In addition to this choose clothing appropriate to the weather conditions.

Each member of your group should bring with them:

- **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 towel**
- **A full change of dry clothes.**
- **Spare footwear**
- **Bin Bag to carry wet clothes home**
- **Groups 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 has 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. The Centre has a drinks fountain available onsite.**
- **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 sessions. However, if you or your group require them for other water based activities please enquire well in advance of your visit. A small charge may be made. If groups or individuals have their own and wish to bring them, please feel free.**

For **CAVING**, clothing is as above. **Wellington Boots are essential**; these provide excellent grip and traction and also provide foot & ankle protection. Walking boots are acceptable, though should also be avoided. **Trainers are an unacceptable 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!

For **ROCK-CLIMBING** or **MOORLAND WALKING**, clothing again, as above. It is essential that **stout, comfortable boots are worn for walking. Trainers are acceptable for Climbing** and that at least a **waterproof coat is carried. Crag 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. Groups and 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. Therefore, valuable personal belongings MUST NOT be brought to the Centre and only bring what you or your group requires.**

**LUNCH FACILITIES:** Facilities for lunch times are limited, though acceptable. There is fresh water drinks fountain based in the yard area of the Centre. We only have **limited indoor seating areas within the classroom, though benches can be situated in the main store.** Groups eating packed lunches can remain in the Centre yard area. Please ensure your groups are adequately supervised during this period and that the Centre is tidied following the lunch period. Alternatively you can use the many pleasant river and canal side locations for your lunch periods.

The Centre accumulates a mass of **LOST PROPERTY** every day, 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](#)

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