

## CLOTHING & KIT LIST

### What to bring on **ALL** courses:

- Loose warm/cool comfortable clothing, or shorts and T-shirt if the weather is very warm (not jeans).
- A lightweight anorak or cagoule – to keep you dry and keep the wind off.
- Sufficient snacks, lunch (if on full day sessions) and water bottle.
- On hot sunny days, plenty of sun cream and a hat (The Centre cannot supply sun lotion).
- On colder days, warmer clothes which can be layered, a warm hat, gloves and scarf, warmer socks.

### In addition: What to bring on **ALL WATER** courses:

- Closed toe footwear you can wear in the water and are happy to get wet. **Bare feet not allowed.** Flip flops/sliders are not allowed.
- Spare dry shoes for after activities.
- A full change of dry clothes.
- Towel.
- Plastic bag to carry wet clothes home.
- Paddleboarders and coasteerers have priority for **wetsuits** on our sessions, so please do bring a wetsuit if you have one. We have a finite supply if some are required.

### In addition: What to bring for **OFFSITE** activities:

#### **OFFSITE CAVING:**

- **Wellington boots** are essential; these provide excellent grip and traction and also provide foot & ankle protection. A very limited supply of wellington boots is available from the Centre; please make prior arrangements with us.
- Walking boots are acceptable, but not ideal.
- Trainers are **not acceptable**. Participants in trainers cannot enter the caves.

**ROCK-CLIMBING:** Stout, comfortable boots or trainers, waterproof coat. Dress to stay warm.

**MOORLAND WALKING:** Stout, comfortable boots, waterproof coat. Dress to stay warm.

**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. 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 month.

*If in any doubt or you have any queries, please contact us for more information.*