
CLOTHING & KIT LIST AUGUST 2026

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.
- Consider old glasses.

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.
- Swimsuits for under wetsuits.
- 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.
- Consider old glasses and bring a glasses retainer if you need to keep them on whilst on the water.

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: Individuals should only bring with them the items they will use whilst at the Centre. The Centre will not be held responsible for any lost property, and cannot guarantee lost property will be found. Lost property cannot be posted back, and will be sorted and disposed of monthly. In particular, we hold no responsibility or liability for the loss, damage or theft of participants' spectacles or sunglasses during your visit to us.

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