

What to wear for what



Climbing Wall

- Long sleeves or jumper
- Long loose trousers or leggings
- Trainers or similar
- Long hair to be tied back
- Dangle earrings and rings to be removed



Canoeing and Kayaking

- Swimwear
- Towel
- Spare old trainers, or similar, to get wet (not crocs, flip flops or open toe sandals)
- Fleece or jumper (optional)
- Spare old t-shirt to be worn under a wetsuit



Keelboat Sailing

- Spare old trainers, or similar, to get wet (not crocs, flip flops or open toe sandals)
- Fleece or jumper
- Long trousers e.g. tracksuit bottoms (not jeans)



Bushcraft

- Hair must be tied back
- Long sleeves or jumper
- Long loose trousers or leggings
- Trainers or similar



Archery

- Long sleeved top
- Long loose trousers or leggings (shorts that cover the knees may be worn)
- Comfortable shoes



Low Ropes

- Long sleeves or jumper
- Long loose trousers or leggings
- Trainers or similar



Improvised Rafting

- Swimwear
- Towel
- Spare old trainers, or similar, to get wet (not crocs, flip flops or open toe sandals)
- Fleece or jumper (optional)
- Spare old t-shirt to be worn under a wetsuit



Sailing

- Swimwear
- Towel
- Spare old trainers, or similar, to get wet (not crocs, flip flops or open toe sandals)
- Fleece or jumper (optional)
- Spare old t-shirt to be worn under a wetsuit



Orienteering

- Long loose trousers, leggings or shorts that cover the knees
- Comfortable shoes



Problem Solving

- Long sleeved top
- Comfortable shoes
- Shorts, trousers or leggings



Initiative Exercises

- Long sleeves or jumper
- Long loose trousers or leggings
- Trainers or similar



Aeroball

- Long loose trousers or leggings
- Long sleeves or jumper
- Spare socks



Cycling Skills

- Long sleeves or jumper
- Shorts that cover the knees may be worn

For all activities:

Sun cream and hat for sunny days for all activities and appropriate foot wear such as trainers. No flip-flops, crocs or open toe sandals. Bring your water bottle! We will provide any additional equipment and clothing you need.