

# KIT LIST

The following is required kit for participants to bring. We provide all the safety equipment, from harnesses and helmets to wetsuits and buoyancy aids.

	WHAT YOU WILL NEED	PACKED?
<b>ITEMS FOR WATER BASED ACTIVITIES</b>	Change of warm clothes	
	Water bottle	
	Sun cream + hat or gloves and hat – weather dependant!)	
	Swimming costume + t-shirt/rash vest	
	Towel	
	Old trainers or wet shoes (not crocs, wellies or flip flops)	
	Any log book or qualifications you've gained	
	Personal medical supplies (inhaler or epi pen etc)	
<b>ITEMS FOR LAND BASED ACTIVITIES</b>	Long sleeved tops and comfortable trousers or shorts to the knees	
	Sun cream + hat or gloves and hat – weather dependant!	
	Water bottle	
	Personal medical supplies (inhaler or epi pen etc)	
<b>DAY VISITS</b>	Packed lunch	
<b>RESIDENTIAL TRIP REQUIREMENTS</b>	Enough changes of clothes for the duration of visit, and spares with comfortable trousers and jumpers	
	Sleeping bag, pillow and if camping a roll mat.	
	Spare underclothes	
	Night wear + wash bag	
	Two towels	
	Bin bag for wet/muddy clothes	
	Personal medical supplies (inhaler or epi pen etc)	
<b>OPTIONAL</b>	Torch if camping	
	Books and playing cards etc	
	Waterproof coat and trousers	

**Please do not bring any valuables or good clothing. MOBILES and electrical items are not recommended Also don't forget to send us your consent form!**

[www.cobnor.com](http://www.cobnor.com)

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