

## WATER ACTIVITIES KIT LIST

The following is required kit for participants to bring:

Check List	
	Packed lunch if here for the day
	Sun cream (Factor 20+)
	Base layers for getting wet e.g. old shorts and T-shirt
	Change of socks and underwear
	Change of footwear e.g. trainers, plimsolls, wetsuit boots to get wet, plus a change of shoes. <b>NOT</b> wellington boots, Crocs or flip flops
	Towel
	Wetsuit – this may be hired from the Centre at £2 per day
	Change of warm clothing
	Warm hat and/or sun hat
	Gloves (optional)
	Sunglasses
	<b>Please do not bring any valuables</b> or good clothing. <b>MOBILE PHONES</b> and electrical items are not recommended



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