



What To Bring

Listed below are some essential items of personal clothing and some handy hints on additional personal gear. Please bring along any activity specific equipment you already own (helmets, harnesses, cave suits, lights etc) as this list assumes we will provide specialist gear.

Caving & Gorge Scramble

Old clothes ideally made up of
1 pair of wellington boots if owned
2 pairs of thick socks, woollen or man made fibre.
1 pair of fleece / fibre pile trousers or tracksuit bottoms plus thermal long johns if required.
Underwear ideally not cotton boxer shorts
Thermal 'T' shirt long sleeved or close fitting non- cotton base layer.
Long sleeved pullover, woollen or man made fibre.
Fleece jacket or thick jumper.
Marigold or similar washing up gloves, the thicker gauge the better or gardening gloves.
Woolly hat or Balaclava.
A chocolate bar / power bar and an energy drink (lucozade sport in squashable format ideal).
Bin Bag / plastic bag for wet clothes after the trip.
Towel

Rock Climbing & Abseiling

Thin socks, or trainer socks
Loose fitting tracksuit pants or sports trousers, which allow good freedom of movement.
'T' shirt, thermal close fitting for colder days, baggy cotton ones for summer. Long sleeved 'T' shirts are ideal.
Minimum of 1 fleece jacket/pullover and a windproof/ waterproof outer layer even in summer months.
Ideally additional spare warm clothing should always be taken including a pair of gloves and a close fitting warm hat.
In the summer months insect repellent and sun cream are advised.
A warm / cold drink and a packed lunch are recommended.

Ropes Course

See Rock climbing,
Definitely no shorts or bare skin to be exposed on ropes courses, this prevents scrapes and scratches and friction burns. Gloves absolutely essential

Mountain Biking

See Rock climbing.
Definitely no exposed flesh even hands, in the event of a fall this prevents grit getting into open cuts. Gloves absolutely essential.
Flask / warm drink & energy bars

Canoeing

Old training shoes you don't mind getting wet. Wet suit socks / booties if owned.
Wet suit if owned
Old thermal long johns, track suit pants or shorts
Pair of trunks or bathing costume
Warm thermal base layer / man made fibre
Fleece top for colder months.
Sun Cream, sun block
Bin bag for wet clothes, towel and complete change set of dry clothes including socks, shoes and under garments.
Flask / Warm drink.

Hill walking / Mountaineering / Expeditioning

Waterproofed Rucksack, maps, compass, GPS if owned, emergency equipment i.e bivouac bag, KISU, tents, stoves, methods of eating and heating, map pens, sleeping bags, ground mats, head torches, cooking pots,

Valuables items and personal medication.

Valuables such as jewellery, mobile phones, may become severely damaged during activities and are therefore best left at home or taken off beforehand for these reasons.
It is the responsibility of each individual to ensure they carry any essential medications on their person. In adverse conditions we will supply a suitable watertight container for these items

It's the experience that makes the difference!



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