

SCHOOL & YOUTH GROUPS - "WHAT TO BRING"

Watersports

- The 4 T's
- TOGS (swimming togs or shorts)
- T-SHIRT
- TOWEL
- TRAINERS (Old runners to wear in the water to protect feet -cros, sandals, plimsolls or light neoprene slippers are not suitable)
- Gear bag for wet clothing



Land Activities

- Old runners
- Warm clothing appropriate to weather e.g. Tracksuit & Fleece top Rain jacket & leggings
- Hat & gloves (weather dependent).
- Denims or cotton clothing are not suitable for Outdoor Activities

General

Our activities take place outdoors & in all weather.

Come prepared:

- Change of clothing
- Drinks + reusable bottle
- Snacks/ pack lunch if required
- Medications – inhalers etc.
- Sun Cream
- **Face Mask**

Residential

- Towel & toiletries
- Extra clothes for length of stay
- All bedding provided by centre