

Kit List

Technical equipment (helmets, harnesses, lamps, belts etc.) will be provided.

Outer waterproof layers, wellies and shortie wet suits can also be provided. **Approximate sizes for all group members are required prior to your activity day (we have wellies from size 3-11); clothing size: XS, S, M, L, XL.**

If mountain bikes are to be hired, we need the height (in cm) of each group member to enable the cycle provider to prepare appropriate bikes.

Personal kit (provided by participants):

Base layer (top & bottoms—**non-cotton** thin layer available from outdoor shops)

Mid layer (top & bottoms e.g., **non-cotton** joggers and sweatshirt/fleece)

Thick socks

A buff (if you have one)

Trainers/trail shoes for MTB activities

Mountain bike gloves/other gloves for MTB activities

Warm hat

Swimming trunks/costume for gorge scrambling

Towel

Drinks bottle (non-breakable)

Spare set of clothes to change into after activities

Wellies and old waterproofs (if using your own)

Snacks e.g., chocolate, cereal bar—can be carried in pockets

Any medications—usually carried by the individual concerned but these can be carried in the group drum (waterproof) for activities where ingress of water would damage medications*

Full day trips: a packed lunch and drink will be required. For full day caving trips a non-squashable, non-crumbly lunch e.g., hot cross buns with cheese & jam (my favourite) or malt loaf, and chocolate/cereal bars, is recommended. A group drink will be provided and lunches should be secured in thick plastic bags (NOT boxes) as they will all be carried in a dry sack together.

***You are required to complete a medical and consent form but it is always a good idea to notify your instructor of any medical / additional need prior to starting the day's activities**