

## CLOTHING – WHAT TO WEAR ON SESSIONS

Any medication you need **MUST** go with you to each session  
For all other sessions please wear clothes that are casual, comfortable and appropriate to the weather  
**JEANS and JEWELLERY are NOT to be worn for any reason. Long hair MUST be tied back**

### CANOE, KAYAK AND RAFT BUILD

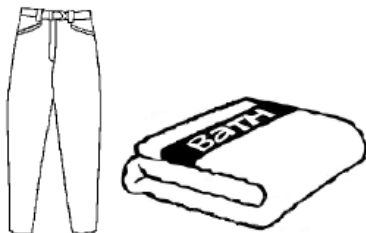
Must wear **TWO** tops the outer layer should be a **LONG SLEEVED WATERPROOF JACKET**



Old Trainers **NO WELLIES OR CROCS OR SANDALS/FLIP FLOPS**



Long Trousers – **NO JEANS**



BRING SPARE CHANGE OF CLOTHES AND A TOWEL

### HILLWALK AND EVENING WALK

#### Warm/Sunny Weather

You can wear shorts and T-Shirt as long as you have sun cream on.



No matter what the weather **WEAR SENSIBLE FOOTWEAR** that supports your feet (**NOT WELLIES**) and take a **WATERPROOF JACKET** and **TROUSERS** with you

#### Cool/Cold Weather

Must wear at least **2 WARM LAYERS**



### BLIND TRAIL, OBSTACLE COURSE, MAZE, CLIMB, ABSEILING AND BMX

Old clothes that are ok getting **WET** and **DIRTY**

Long trousers (**NOT JEANS**) and long sleeved top (even if it is sunny)



**NO SHORTS, T-SHIRTS or SANDALS**

### HIGH ROPES, CONFIDENCE COURSE, CRATE STACKING AND FENCING

### SWIMMING

Wear your swimwear ready for the start of session  
**OUTER CLOTHING** and **SHOES** should be worn before and after session



Bring a towel

### ARCHERY

You must wear a **LONG SLEEVED** top and **CLOSED FOOTWEAR**



Please make sure you are on time to all sessions, they can not start without you!