

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

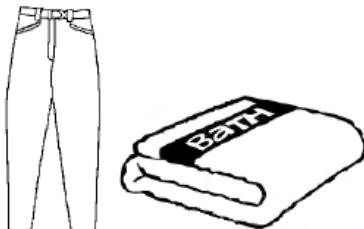
Must wear **TWO** tops the outer layer should be a **LONG SLEEVED WATERPROOF JACKET**



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



Long Trousers – **NO JEANS**



BRING SPARE CHANGE OF CLOTHES AND A TOWEL

SWIMMING

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



Bring 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

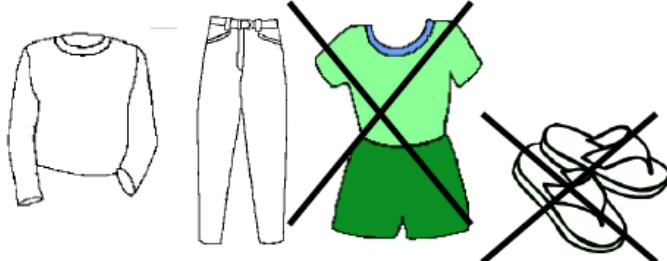
Must wear at least **2 WARM LAYERS**



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

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

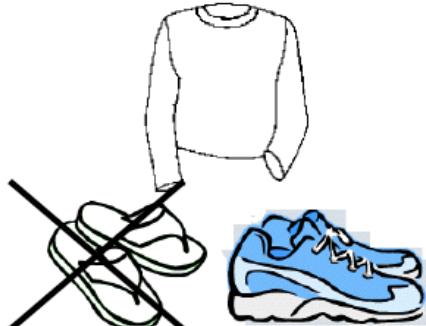
Long trousers (**NOT JEANS**) and long sleeved top (even if it is sunny)



NO SHORTS, T-SHIRTS or SANDALS

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!