



Please see below a list of recommended items to wear for each activity:

Walking

Base layer – Thermal wicking base layer (polyester or nylon are ok, cotton not advised)

Mid layer – light fleece / sweatshirt / hoodie / jumper

Fleece

Outer layers – waterproof / windproof waterproofs jacket & trousers

Footwear – walking boots (leather or fabric, with a good vibram sole)

Rucksack – small day sack

Climbing

Same basics as walking

Footwear – climbing shoes, training shoes, walking boots

Equipment provided:

Helmet

Harness

Ropes

Climbing hardware

Gorge Scrambling

Same basics as walking

Waterproofs

Footwear – Wellingtons preferred choice, walking boots, canyoning boots.

Please remember to bring a full set of clothes, shoes and a towel

Equipment provided:

Helmet

Harness

Buoyancy aid

Ropes

Climbing hardware

Sea Level Traversing

Base layer / rash vest

Wetsuit / tracksuit bottoms / ronhills / mid layer

Waterproofs

Footwear – Wellingtons preferred choice, kayaking shoes, wetsuit boots, old training shoes

Please remember to bring a full set of clothes, shoes and a towel

Equipment provided:

Helmet

Harness

Buoyancy aid

Ropes

Climbing hardware

Kayaking

Swimwear

Base layer / rash vest

Wetsuit / tracksuit bottoms / ronhills / mid layer

Footwear – Kayaking shoes, wetsuit boots, old training shoes

Please remember to bring a full set of clothes, shoes and a towel

Equipment provided:

Kayaking Cag

Helmet

Bouyancy Aid

Boat / Paddle