



## Clothing & Equipment List

Some of the activities can be very wet & muddy. We recommend you bring adequate hard wearing, warm clothing (old or borrowed) rather than new or expensive items.

Specialist outdoor equipment is provided as part of the activity (helmets, harnesses etc). We have a small stock of waterproofs and boots for customers to borrow from the stores but you may prefer to bring your own.

GENERAL CLOTHING ESSENTIALS	RECOMMENDED/OPTIONAL ITEMS
<ul style="list-style-type: none"> <li>• sweatshirts/hoodies/jumpers/microfleeces or similar</li> <li>• casual trousers/jeans (for when you aren't doing activities)</li> <li>• t-shirts &amp; shorts</li> <li>• socks &amp; underwear (plenty of changes)</li> <li>• suitable nightwear</li> <li>• indoor shoes/trainers</li> <li>• something to tie back long hair for activities</li> <li>• swimwear (for underneath clothes for watersports activities)</li> </ul>	<ul style="list-style-type: none"> <li>• sunglasses</li> <li>• insect/midge/insect repellent</li> <li>• midge net if coming to Dounans May-October</li> <li>• sunscreen, after sun &amp; sun hat/cap</li> <li>• torch</li> <li>• inexpensive/disposable camera</li> <li>• bin bag for bringing wet or muddy kit home</li> <li>• small rucksack</li> <li>• small amount of cash for souvenirs</li> </ul>
<p><b>OUTDOOR CLOTHING ESSENTIALS</b></p> <ul style="list-style-type: none"> <li>• fleece/warm sweatshirts</li> <li>• suitable coat (waterproof and warm)</li> <li>• old trousers/tracksuit bottoms (Not jeans)</li> <li>• long/soft socks</li> <li>• hat, gloves, neck gaiter or scarf</li> <li>• trainers (old pair – they will get muddy and wet)</li> <li>• wellies or walking boots that can get wet (if you have them). Should have good grip, be waterproof and cover the ankle.</li> <li>• waterproofs (if you have them)</li> </ul>	<p><b>WHAT NOT TO BRING</b></p> <ul style="list-style-type: none"> <li>• expensive electronic devices</li> <li>• expensive clothing</li> <li>• mobile phones</li> <li>• MP3 Players</li> <li>• hair straighteners/hair spray</li> <li>• large amounts of cash</li> <li>• sweets/extra food</li> <li>• jewellery</li> </ul>
<p><b>OTHER ESSENTIALS</b></p> <ul style="list-style-type: none"> <li>• towels x2</li> <li>• wash kit, including shampoo, toothbrush toothpaste etc</li> <li>• water bottle (non-breakable)</li> </ul>	<p><b>PACKING TIPS</b></p> <ul style="list-style-type: none"> <li>• make sure your belongings are clearly named</li> <li>• tick off the items on the list as you pack them so there is a record of what you brought</li> <li>• <b>bring this list with you</b> to help repack at the end of the visit</li> </ul>