



Clothing & Equipment List—Day Visits

Some of the activities can be very wet & muddy. We recommend you bring 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.

Tick Box

OUTDOOR CLOTHING ESSENTIALS

- fleece/warm sweatshirts
- suitable coat (waterproof and warm)
- old trousers/tracksuit bottoms (no jeans)
- long/soft socks
- hat, gloves, neck gaiter or scarf
- trainers (old pair – they will get muddy and wet)
- wellies or walking boots that can get wet (if you have them) - good grip, waterproof and covering the ankle
- waterproofs (if you have them)

OTHER ESSENTIALS

- towel
- water bottle (non-breakable)

RECOMMENDED/OPTIONAL ITEMS

- sunglasses
- insect/midge/insect repellent midge net if coming to Dounans May-October
- sunscreen, after sun & sun hat/cap
- suitable bag for bringing wet or muddy kit home
- small rucksack

WHAT NOT TO BRING

- expensive electronic devices
- expensive clothing
- mobile phones
- large amounts of cash
- jewellery
