

**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 session. Long hair **MUST** also be tied back.

**CANOE, KAYAK, SUP AND RAFT BUILD**

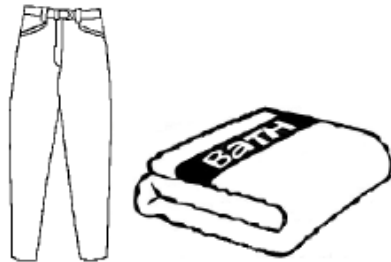
You must wear **TWO** tops, the outer layer should be a **LONG SLEEVED TOP**



Old Trainers **NO WELLIES, CROCS OR BOOTS**



Long Trousers – No Jeans



**BRING SPARE CHANGE OF CLOTHES AND A TOWEL**

**LOW LEVEL CYCLING**

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

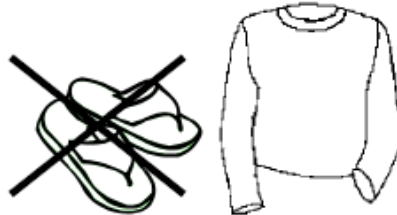


Bring a **RUCKSACK and WATER**



**ARCHERY and RIFLES**

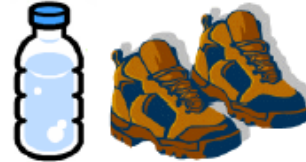
You must wear a **LONG SLEEVED top and CLOSED FOOTWEAR**



**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 and take a **WATERPROOF JACKET and TROUSERS** with you

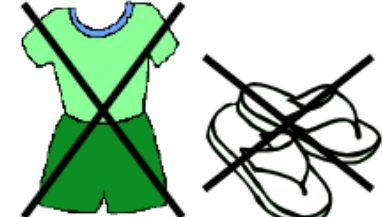
**Cool/Cold Weather**

Must wear at least **2 WARM LAYERS**



**BLIND TRAIL, OBSTACLE COURSE, LOW ROPES CLIMB and ABSEILING,**

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



Long trousers and long sleeved top (even if it is sunny)  
**NO SHORTS, T-SHIRTS, WELLIES, CROCS or SANDALS**

**HIGH ROPES, ZIP WIRE, CRATE STACKING, LAKE CHALLENGE,**

**JACOBS LADDER and FENCING**