

**Recommended kit for Activities**

* Long loose bottoms or shorts at a suitable length (jeans are not recommended).
* T-shirt (short/long sleeved – no crop tops).
* Sweatshirt/hoody.
* Trainers/boots (no slip on footwear, wellies, open toe or high heel shoes).
* Long hair to be tied back.
* Torch for the caving activity.

**Weather appropriate items**

* Sunscreen.
* Cap/woolly hat.
* Waterproof jacket.

**Other items you may need**

* Any medication you require e.g. asthma inhaler etc.
* Food and drinks.
* Towels.
* Toiletries.
* Spare clothing and footwear (including underwear).
* Large plastic bag for muddy wet clothes.

**Please note if clothes get muddy they may not wash clean, so please don’t wear expensive clothes or jewellery.**

**This is not an exhaustive list and we leave it to your discretion to decide what children or group should wear.**