

Suggested clothing list

Session	Clothing	Footwear
Archery	Long sleeved jumper or long sleeved T-shirt	trainers
Climbing	Long sleeved jumper or long sleeved T-shirt Jogging/tracksuit bottoms (NOT jeans or shorts)	trainers
High Adventures & Zip Wires	T-shirt &/or jumper Jogging bottoms/shorts	trainers
Forest Adventure	T-shirt Jumper Waterproof Jogging/tracksuit bottoms (NOT jeans or shorts)	wellingtons
EVS	T-shirt&/or jumper Jogging bottoms/shorts	trainers
Obstacles	T-shirt Jumper Waterproof Jogging/tracksuit bottoms (NOT jeans or shorts)	wellingtons
Map Reading Orienteering	T-shirt &/or jumper Jogging bottoms/shorts	trainers
Swimming	Towel Swimsuit	shoes
Team Exercises	T-shirt&/or jumper Jogging bottoms/shorts	trainers
Team Challenge	T-shirt&/or jumper Jogging bottoms/shorts	trainers
Mining	Old clothes Long sleeved jumper Waterproof Long trousers	wellingtons
Canoeing/ Kayaking	Clothes you don't mind getting wet If warm and sunny - shorts and T-shirt If cool - loose fitting clothes Towel and change of clothes to keep warm	Shoes/sandals
Mountain Biking	If warm and sunny wear a T-shirt Long trousers (NOT shorts) Socks you can tuck your trousers into Gloves Don't wear a watch	trainers