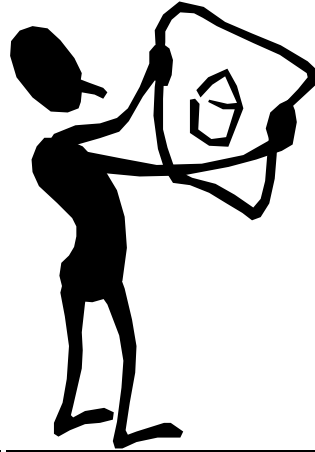


Kit List

Please bring the following:



High Adventure will supply any safety kit as appropriate for your chosen activities; however we ask that you bring clothing that allows you to move freely and is appropriate for the forecast weather conditions

High Adventure Provide

- All safety equipment needed for the chosen activities

Essential

- Secure footwear that will not fall off e.g.:- trainers
- A second pair of shoes that can get wet
- A towel
- Please wear clothing that is appropriate for
 - Being active, for example; sports kit
 - The forecasted weather i.e. if its hot T-shirts... if its cold warm tops such as a fleece, etc..
 - Please do not wear Jeans, track-suits are better as you will be active.
- A full change of clothes including underwear and socks(please label all clothes)
- Drink bottle
- Lunch. The young people will not be allowed off site to go to the shop, so they must bring a packed lunch and snacks.

Recommended

- A small amount of money for the tuck shop

Don't bring

It is recommended that you do not bring the following items as they may get lost or damaged;

- Electrical items such as; I-pods, MP3 players, etc..
- Any thing of value that you don't wish to get broken or lost