

# Forest Walk

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof jacket
- Waterproof trousers
- Wellington boots, walking boots or outdoor trainers

I will go to the backyard to meet my instructor.

# Caving

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Wellington boots or walking boots

I will go to the backyard and be given a:

- Caving waterproof jacket
- Caving waterproof trousers
- Helmet with head torch
- Harness

# Forest Walk



# Caving



# Climbing

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Outdoor trainers
- Waterproof jacket (if required)
- Waterproof trousers (if required)

I will go to the backyard and be given a:

- Harness
- Climbing Helmet

# Ropes

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Outdoor trainers
- Waterproof jacket (if required)
- Waterproof trousers (if required)

I will go to the backyard and be given a:

- Climbing Helmet

I will wear a climbing harness for the high ropes.

# Climbing



# Ropes



# Sailing - Keelboat

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof jacket
- Waterproof trousers
- Wellington boots or outdoor trainers

I will go to the backyard and be given a:

- Bouyancy aid

# Sailing - Topazs

I will wear:

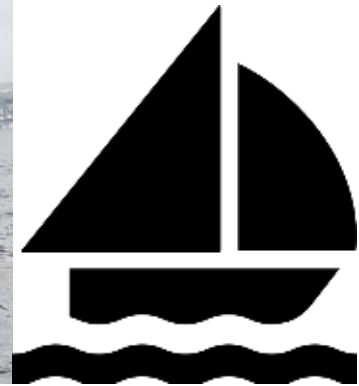
- Shorts + T-shirt (under wetsuit)
- Wetsuit
- Jumper (over wetsuit)
- Outdoor trainers

I will go to the backyard and be given a:

- Waterproof cag
- Buoyancy aid
- Watersports helmet



# Sailing – Keelboat



# Sailing – Topazs



# Gorge

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof jacket
- Waterproof trousers
- Wellington boots

I will go to the backyard and be given a:

- Helmet

# Massan Gorge

I will wear:

- Shorts + T-shirt (under wetsuit)
- Wetsuit
- Jumper (over wetsuit)
- Outdoor trainers or walking boots

I will go to the backyard and be given a:

- Waterproof bag
- Buoyancy aid
- Watersports helmet

# Gorge



# Massan Gorge





# Shore Scramble

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof jacket
- Waterproof trousers
- Wellington boots or Walking boots

I will go to the backyard and be given a:

- Buoyancy aid
- Helmet

# Raft Building

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof jacket
- Waterproof trousers
- Wellington boots or outdoor trainers

I will go to the backyard and be given a:

- Helmet
- Buoyancy aid

# Shore Scrambling



# Raft Building



# Orienteering

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof jacket (if required)
- Waterproof trousers (if required)
- Wellington boots or outdoor trainers

I will go to wear my instructor told me to meet.

# Biking

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Outdoor trainers

I will go to the backyard to meet my instructor. When in the bike shed I will be given:

- Waterproof jacket (if required)
- Gloves
- Biking helmet

# Orienteering



# Biking



# Canoeing

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof jacket
- Waterproof trousers
- Wellington boots or outdoor trainers

I will go to the backyard and be given a:

- Buoyancy aid

# Kayaking

I will wear:

- Joggers / leggings (not jeans)
- T-shirt
- Jumper

I will go to the drying room and put on:

- Waterproof trousers
- Outdoor trainers

I will go to the backyard and be given a:

- Waterproof Cag
- Buoyancy aid

# Canoeing



# Kayaking

