

WHAT TO WEAR

SAILING	KAYAK / CANOE	WINDSURF / PADDLEBOARD (SUP)	RAFT BUILD
Waterproofs (Jacket & Trousers) Hat & Gloves Warm clothes under waterproofs Wellies	Waterproofs (Jacket & Trousers) Hat & Gloves Warm clothes under waterproofs Wellies / wet shoes	Swimsuit Wet shoes / Trainers *Wetsuit provided* Arrive dressed in warm clothing (incl. waterproof jacket/trousers)	Waterproofs (Jacket & Trousers) Swimsuit Wet shoes / Trainers Arrive dressed in warm clothing
SKIING (DRY SLOPE)	SKIING (MOUNTAIN)	ARCHERY / PROBLEM SOLVING	NATURE WALK
Waterproofs (Jacket & Trousers) Long sleeved top & trousers Gloves Long (ski) socks *Helmet provided*	Ski Jacket & Salopettes Warm clothes under Waterproofs Long (ski) socks Thermals, Hat, Buff Goggles & Gloves Extra jumper in rucksack *Helmet provided*	Waterproofs (Jacket & Trousers) Hat & Gloves Warm clothes under Waterproofs Wellies / trainers	Waterproofs (Jacket & Trousers) Hat & Gloves Warm clothes under waterproofs Wellies / walking shoes

ALSO BRING IN RUCKSACK

Full change of dry clothes (including underwear and footwear)

Towel

Hand/Head torch

Sun cream and insect repellent

Water bottle (preferable not glass)

Lunch Box

Buoyancy Aids are provided and must be worn at all times on the water