

WHAT TO BRING

[Completed online Consent forms](#) are required for all youth and adult activities.

One per participant must be submitted in order to take part in any activity.

Boat Hire customers will be required to complete a simple consent form at time of booking (1 per group)

We will provide you with a wetsuit, buoyancy aid and a helmet if necessary.

Water based activities

Wild Days	Rafted canoes
Welly Days	Giant SUP
Taster Sessions	Boat Hire
Guided Paddles	Sailing Courses

Land based activities

Low Ropes
Archery
Meadows and
Woodland Studies
River Studies
Map Walks
Natural Navigation
Pond Dipping
Bushcraft
Climbing
Crate stack
Zip Wire
Woodland Craft

- Waterproof jacket and trousers to keep off the wind & rain
- Footwear that can get wet and muddy
- A complete change of clothes (not applicable for land based activities)
- Soap and towel (not applicable for land based activities)
- Sun hat or warm hat (depending on time of year)
- Sun cream and sun glasses (depending on time of year)
- Any personal medication as necessary, clearly labelled. If medication needs to go on the water a dry bag must be provided
- £1 for valuables locker

In addition to the above list, please bring the following for stated activities.

WATERSPORTS: sailing, kayaking, canoeing, stand up paddleboarding

Swimsuit/trunks and t-shirt (to be worn under wetsuit)

Footwear that can get wet (these should not fall off your feet if you end up in the water i.e. no crocs or flip flops)

Something to tie long hair back with

A passport sized photo for RYA Powerboat Level 2 courses

GUIDED CANOE TOURS:

Torch for night time paddles

LAND-BASED: Archery, climbing

Ideally closed-toe shoes

Something to tie long hair back with

WINTER ACTIVITIES

Please be advised that you may do land demonstrations outside before getting changed so a coat is recommended. You may also require warm layers and a waterproof/windproof jacket to go on top of a wetsuit. Between October and March (inclusive) you will be required to wear a wetsuit or appropriate thermal layers.

POWERBOATING ACTIVITIES

Please be advised that there can be a significant wind chill factor and so please dress appropriately. Sunglasses can help with visibility and help protect from wind and rain whilst driving at high speeds.

WELLY DAYS (age 6-9)

The Welly Days programme will include morning and afternoon breaks, as well as the lunch break. Please ensure all participants have a brimming packed lunch with enough snacks and liquid for all break times as well as lunch.