

Equipment list

Your child will need to have the following items:

- **Small rucksack -to carry packed lunch, drinks, waterproofs (must have 2 shoulder straps)**
- **Waterproof jacket**
- **Comfortable shoes with a good tread for countryside walking (e.g. walking boots, trainers)**
- **An old pair of shoes that you don't mind getting wet & muddy for canoeing.**
- **Indoor shoes or slippers for use inside the hostel**
- **Suitable, comfortable clothing for outdoor activities**
- **Towels – one for use whilst doing watersports and one for personal use in the hostel**
- **Toiletries**
- **Sufficient changes of underwear and socks (plenty of socks!)**
- **Warm jumper/fleece**
- **Night wear**
- **Any personal medication (e.g. inhalers)**

The above is a list of essential items. Any additional items may be sent at your discretion.

For Canoeing

- **Swimming Costume/Trunks**
- **Long thick socks**
- **Trousers (tracksuit or similar – NOT jeans!)**
- **Hat & Gloves**
- **Sun cream & peaked hat (if sunny day)**
- **Warm tops – several layers (best materials are fleeces, wool or thermals)**
- **Waterproof Top & Trousers (will be provided if you don't have your own!)**
- **Towel**
- **A large, plastic bag for wet clothes**

For Gorge Scrambling – in addition to above

- **T shirt to wear under wetsuit – if you have a thermal, this works best**
- **A pair of old shorts to be worn over the wetsuit to protect it when sliding**
- **Old boots or trainers with a good grip & support (wetsuit boots & water shoes are not normally robust enough for gorge scrambling). Boots will be provided for those who require them.**

All specialist equipment for canoeing and gorge scrambling will be provided (wetsuits, waterproofs, buoyancy aids, helmets)