



# KIT LIST

All of our activities take place in the great outdoors! This means that with everything we do, there is a chance you could get muddy. Make sure you wear older clothing that you don't mind if it gets a bit dirty. We go ahead whatever the weather so make sure you have a raincoat or sun protection – sometimes you might even need both for the same session!

## Archery and Archery Active

**Must haves:** Full length sleeve top/jumper and closed toe shoes.

**Suggestions:** Light layers so you can wrap up or cool down if the weather changes.

## Air Rifles and axe throwing

**Must haves:** Closed toe shoes

**Suggestions:** Light layers so you can wrap up or cool down if the weather changes.

## Kayaking, canoeing, SUP, raft building, assault course

**Must haves:** Prepare to get wet! Bring a complete change of clothes and a towel. You must have a pair of shoes you are happy to wear in the water ideally trainers. Sorry, flip flops or Crocs are not suitable.

Please avoid jeans! Denim gets very heavy and uncomfortable if it gets wet. Leggings, joggers or shorts would be much better.

**Suggestions:** Plenty of warm clothing to wrap up in afterwards.

## Rock climbing and abseiling

**Must haves:** Closed toe shoes that you can climb in; trainers or walking boots are best. You will not be able to take part in the activity if you are wearing flip flops, sandals or Crocs.

## Caving

**Must haves:** Please wear old clothes with long sleeves and full length trousers. Walking boots or wellies with ankle protection. We do have wellies available to borrow if you don't have your own, just make sure you wear long, thick socks!

**Suggestions:** Caves are a consistent temperature year round so may feel cold in the warmer months. We suggest layers.

## Skiing and snowboarding

**Must haves:** Full length sleeves, full length trousers and a pair of full fingered gloves plus thick, long, socks.

**Suggestions:** There is no need to wear your "proper" ski clothes, in fact we would recommend against it! You will not want Salopettes or a ski jacket on our slope and there is a chance that if you fell, the surface could rip them.

## Tobogganing

**Must haves:** Full length sleeves, full length trousers and a pair of full fingered gloves. Closed toe shoes; no Crocs, flip flops or sandals.

**Suggestions:** You will get warm running back up the toboggan slope, a lightweight, long sleeved t-shirt is the best option for hot days.

## Frisbee golf and orienteering

**Must haves:** Good, sturdy footwear. The ground can be slippery, especially following rainfall.

**Suggestions:** The Frisbee golf and orienteering course navigate through steep woodland and up onto our hill – so be prepared to be out in the open.

## Camps and residentials

- ✓ Sleeping bag & pillow
- ✓ Wash kit – toothbrush, toothpaste, shampoo etc.
- ✓ Towel for showers
- ✓ Nightwear
- ✓ Lots of underwear & socks
- ✓ Old trousers– two pairs (no jeans)
- ✓ Shorts
- ✓ T-shirts (plenty)
- ✓ Long-sleeve tops (plenty)
- ✓ Warm jumpers/fleeces (layers are best)
- ✓ Warm coat
- ✓ Waterproof top and waterproof trousers
- ✓ Woolly hat & gloves
- ✓ Wellies or walking boots
- ✓ Closed toe shoes (two pairs, one to get wet)
- ✓ Old towel for activities
- ✓ Reusable water bottle (1 litre)
- ✓ Bin bags for wet/muddy clothes
- ✓ Torch and spare batteries
- ✓ Sun protection (sun-cream, hat, sunglasses)
- ✓ Insect repellent
- ✓ Book to read
- ✓ Pencil and paper

**Please do not bring:** Electronic devices, jewellery, valuables or your favourite clothing or shoes.

**Top tip:** Pack everything in a large bag but bring a smaller day bag and label everything with your name.

**IMPORTANT: We strongly recommend leaving valuables and jewellery at home.** Our team cannot look after any of your belongings whilst on activity. Mendip Activity Centre is not responsible for loss or damage to any personal possessions, valuables or clothing.

Always check for tick bites after spending time outdoors. [www.mendip.me/ticks](http://www.mendip.me/ticks)