

What To Wear Checklist

For all activities we advise that guests:

- Bring sun cream or waterproof clothing and warm clothes with you, depending on the weather
- Remove all jewellery (stud earrings are OK) and tie back long hair
- Wear practical footwear e.g. old trainers. Do not wear flip-flops, Crocs, open-toed shoes/sandals or wellington boots - unless they are required as part of a study course, e.g. field studies
- Wear long-sleeved tops, long trousers (not jeans), or leggings

Activity	To Wear	Notes
All Rope Sessions (Abseiling, Climbing, Zip Wire, High Ropes, Trapeze, Jacob's Ladder, Giant Swing, Tree Top Trail, Powerfan®, Vertical Challenge, Crate Challenge)	Tops that cover the shoulders Shorts may be worn but they must cover the thighs	
Archery	Close-fitting long sleeves or short sleeves	
Tunnel Trail	Long-sleeved tops & long trousers/leggings	Possibility of getting dirty
Low Level Ropes, Challenge Course & Sensory Trail	Long trousers/leggings	Possibility of getting dirty
Fencing	Long trousers/leggings	
Water-Based Activities	Old, warm clothing Fleeces Layers Glasses retainer Swimwear (not essential)	Avoid jeans and heavy cotton as these provide no insulating properties All children to bring a bag containing dry shoes, jumper, T-shirt, towel, wash kit, trousers and underwear
Mountain Biking & BMX	Tops that cover the shoulders Shorts may be worn but they must cover the thighs	Avoid loose clothing
Quad Biking	Long trousers, long sleeves & socks that cover the ankles	Any removable mouth braces must be taken out
Problem Solving, Orienteering & Survivor	Walking boots if you have them (not essential) or trainers	
Aeroball	Socks must be worn Loose-fitting clothing, or clothing that allows for movement Shorts may be worn but they must cover the thighs	
Pony Trekking	Waterproof jacket Riding boots or similar Long trousers, long sleeves & socks that cover the ankles	Waterproof jacket required at all times of the year due to changeable British climate