



# 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, 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	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