



<u>Programme Day</u>	<u>Kit List</u>	
Adventure Day	GT Day Walking	<ul style="list-style-type: none"> <li>• Full set of waterproofs</li> <li>• walking boots.</li> <li>• No jeans</li> <li>• Bring any personal belongings in a two strapped rucksack not string straps.</li> <li>• Bring a packed lunch and plenty to drink</li> </ul>
	Caving	<ul style="list-style-type: none"> <li>• Wellingtons (essential)</li> <li>• Change of underwear</li> <li>• A towel</li> <li>• No jeans</li> <li>• Bring any personal belongings in a two strapped rucksack not string straps.</li> <li>• All equipment including helmet, light and outer clothing is provided.</li> <li>• Bring a packed lunch and plenty to drink</li> </ul>
	Mountain Biking	<ul style="list-style-type: none"> <li>• Full set of waterproofs</li> <li>• No jeans</li> <li>• Bring any personal belongings in a two strapped rucksack not string straps.</li> <li>• Helmets and bikes are both provided.</li> <li>• Bring a packed lunch and plenty to drink</li> </ul>
	Climbing	<ul style="list-style-type: none"> <li>• Sensible footwear</li> <li>• comfortable clothes</li> <li>• No jeans</li> <li>• Spare sweater and/or fleece</li> <li>• Full set of waterproofs.</li> <li>• Bring any personal belongings in a two strapped rucksack not string straps.</li> <li>• Bring a packed lunch and plenty to drink (minimum 1ltr water)</li> <li>• All safety equipment will be provided, however feel free to bring your own rock boots and harness if you have them and want to!</li> </ul>
	$\frac{1}{2}$ day Via Ferrata and $\frac{1}{2}$ day Ghyll Scrambling	<ul style="list-style-type: none"> <li>• Full set of waterproofs</li> <li>• Walking boots</li> <li>• Towel</li> <li>• Full change of clothes</li> <li>• No jeans</li> <li>• Bring any personal belongings in a two strapped rucksack not string straps.</li> <li>• Bring a packed lunch and plenty to drink</li> </ul>

<p>Splash Day</p>	<ul style="list-style-type: none"> <li>• Waterproofs</li> <li>• Towel</li> <li>• Dry set of clothes</li> <li>• Old trainers to get wet or wet shoes - no wellies or walking boots</li> <li>• Glasses should be tied on</li> <li>• Participants should arrive ready to go on the water</li> <li>• Bring a packed lunch and plenty to drink</li> <li>• There will be a tuck shop</li> </ul>
<p>Fun Zone</p>	<ul style="list-style-type: none"> <li>• Dress appropriately for activities - bouncy castles</li> <li>• Suitable clothing for weather conditions</li> <li>• Hats to be worn if warm</li> <li>• Bring your own water bottle</li> <li>• Lunch will be back at the sub camp</li> </ul>
<p>Challenge Zone</p>	<ul style="list-style-type: none"> <li>• Dress appropriately for doing activities</li> <li>• Suitable clothing for weather conditions</li> <li>• Hats to be worn if warm</li> <li>• No open toe shoes.</li> <li>• Bring your own water bottle</li> <li>• Lunch will be back at the sub camp</li> </ul>
<p>Explore Day</p>	<ul style="list-style-type: none"> <li>• Uniform</li> <li>• Lunch to be organised and provided by the group</li> </ul>