

WATER ACTIVITIES KIT LIST

The following is required kit for participants to bring:

Check List	
	Packed lunch if here for the day
	Sun cream (Factor 20+)
	Base layers for getting wet e.g. old shorts and T-shirt
	Change of socks and underwear x 2
	Change of footwear e.g. trainers, plimsolls, wetsuit boots to get wet, plus a change of shoes. NOT wellington boots, Crocs or flip flops
	Towel x 2
	Wetsuit – This can be borrowed from the centre
	Change of warm clothing
	Warm hat and/or sun hat Plus a coat
	Gloves (optional)
	Sunglasses
	Water Bottle
	Please do not bring any valuables or good clothing. MOBILE PHONES and electrical items are not recommended