



Mendip Outdoor Pursuits Kit list

It is of **UTMOST IMPORTANCE** that the following kit list is adhered to. Instructors may not permit a person to take part in an activity if they do not have the correct kit.

If you are staying all day, remember to bring a packed lunch and plenty to drink.

Do

- Bring lots of layers, you may get cold
- Bring sun cream and sun hats
- Bring a change of clothes, just in case
- Bring old clothes, they may get muddy or torn
- Bring any medication you may need
- Bring snacks and lots to drink
- Wear synthetic fibres such as fleece and thermals
- Bring waterproofs

Don't

- Wear Jeans
- Bring Crocks or flip flops to wear on the water
- Bring anything of value such as iPods etc
- Wear jewellery
- Wear cotton where it can be avoided
- Bring any item that may get damaged
- Forget a towel
- Forget you can never have too many clothes just too few

Activities Kit list

Wet Activities

- Kayaking
- Open Canoeing
- Raft Building

With all the above activities there is a very good chance you will get very wet. You will need to dress so you are warm for the weather on the day with plenty of layers. You will need shoes you can wear on the water; your instructor will not let you participate without adequate footwear. Crocks and flip flops are not suitable. You will need a **FULL** change of clothes and footwear following the activities. You may even need two changes depending on your programme. Don't forget a towel.

- River Trips
- Sea Kayaking

Please read the list above. You will also need to dress so you are warm for the weather on day. You will need extra layers that can be taken with you on the trip like a spare fleece and trousers. You will need lunch and plenty to drink. More information may be sent out to you depending on the nature of the trip. If you feel you are missing information please contact us.

Rock Activities

- Abseiling
- Climbing

You will need to dress so you are warm for the weather on the day with plenty of layers. You will need shoes you can climb in; your instructor may not let you participate without adequate footwear. Crocs and flip flops are not suitable. Trainers, walking boots and even wellies can be great to climb in. If you're not sure which will be best then bring them all and find out? Bring waterproofs if the weather looks like it could rain.

- Caving

You will need to dress so you are warm for the weather on the day with plenty of layers. You should have long trousers and a long sleeve top. The temperature in the cave is consistent but may feel cold in the summer. You will need walking boots or wellies you can wear in the cave; we have a supply of wellies if you don't have your own. Your instructor will not let you participate without adequate footwear. You may need a **FULL** change of clothes and footwear following the activities, particularly if you are doing advanced caving. Don't forget a towel

Land Activities

- Archery
- Initiative Exercises
- Navigation
- Orienteering
- Search and Rescue
- Team Development

You will need to dress so you are warm for the weather on the day with plenty of layers. You will need comfortable shoes with good grip, these may get a little wet and muddy; your instructor may not let you participate without adequate footwear. Crocs and flip flops are not suitable. Trainers, walking boots and even wellies are great. You will need a long sleeve top for archery You may even want to bring a change of clothes and footwear so you can change before traveling home. Bring waterproofs if the weather looks like it could rain.

- Assault Course
- Bridge Build
- Bush Craft

With all the above activities there is a very good chance you will get very muddy and wet. You will need to dress so you are warm for the weather on the day with plenty of layers. You will need shoes you can wear on the water for the assault course and bridge building; your instructor will not let you participate without adequate footwear. Crocs and flip flops are not suitable. You will need a **FULL** change of clothes and footwear following the activities. You may even need two changes depending on your programme. Don't forget a towel. Bush craft clothes will get very smoky.

- Guided Walks
- Mountain Walking

You will need to dress so you are warm for the weather on the day with plenty of layers. You will need shoes you can wear on the hill; your instructor will not let you participate without adequate footwear. Crocs and flip flops are not suitable. You will need extra layers and waterproofs. You will need a small day bag to carry your spare top waterproofs and drink and lunch if out all day.

Packages

- Command and Conquer
- Raft Rat Race
- Mission Impossible
- Fly The Flag
- Medieval Madness
- Cave Crisis

You will need to dress so you are warm for the weather on the day with plenty of layers. You will need shoes you can wear on the hill; your instructor will not let you participate without adequate footwear. Crocks and flip flops are not suitable. Other items will depend on the activities involved, please see the list above.

Quick Tick List

Warm clothes (no Jeans)	<input type="checkbox"/>
Extra layers in case it gets cold	
Waterproofs	
Jacket	
Trousers	<input type="checkbox"/>
Sun hat / Woolley Hat	<input type="checkbox"/>
Sun Cream	
Food and Drink	
Shoes with good Grip	
Wellies for caving	<input type="checkbox"/>
A FULL change of clothes	<input type="checkbox"/>
A change of footwear	
Towel	
Lunch (if required)	<input type="checkbox"/>
Drink	
Medication	
Medical Form	