

KIT LIST (One day visits)

We advise all visitors taking part in activities to bring a complete change of clothes, including towel, underwear and shoes. Clothing for activities is very much weather dependent and it is always better to plan for the worst and bring too much clothing rather than too little. However, please use the following as a guide.

Activity	Information	Recommended kit
Canoeing, kayaking and sailing	Due to the sheltered nature of our site and the pontoons which assist with launching, rather than wearing wetsuits we recommend warm comfortable clothes with waterproofs (if you have your own wetsuit and wish to wear it you may do so). Please be aware there is no guarantee of staying dry as these boats can capsize	<ul style="list-style-type: none"> • Tracksuit bottoms or old trousers – not jeans • T-shirt or long sleeved shirt • Sweatshirt or old jumper • Fleece top /fleece trousers • Warm socks • Old trainers / wetsuit boots • Waterproof jacket (cagoule style) • Waterproof trousers • Warm gloves and washing up gloves in very cold weather
Windsurfing / SUP	As windsurfers / SUP paddlers are almost guaranteed to get wet we usually supply wetsuits	<ul style="list-style-type: none"> • Swimming costume or trunks • T-shirt • Waterproof jacket (cagoule style) • Old trainers/wetsuit boots
Improvised rafting	Immersion, although brief, is highly likely and we recommend plenty of old clothes (as many layers as possible) with waterproofs over the top (wet-suits are not usually issued)	<ul style="list-style-type: none"> • Tracksuit bottoms or old trousers – not jeans • T-shirt or long sleeved shirt • Sweatshirt or old jumper • Fleece top /fleece trousers • Warm socks • Old trainers / wetsuit boots • Waterproof jacket (cagoule style) • Waterproof trousers • Warm gloves and washing up gloves in very cold weather
Land activities	Although immersion is unlikely, students may get wet and muddy and will require a complete change of clothing	Old clothing: <ul style="list-style-type: none"> • Tracksuit bottoms or old trousers • T-shirt, polo shirt or long sleeved shirt • Sweatshirt or old jumper • Fleece top /fleece trousers • Warm socks • Old trainers • Waterproof jacket • Waterproof trousers
Non-essential useful items		<ul style="list-style-type: none"> • Pen and paper • Log books or money for log books / handbooks • Warm gloves plus washing up gloves in cold weather • Warm hat / sun hat • Sun cream
Essential items for all groups		<ul style="list-style-type: none"> • Waterproof jacket • Bin bags for wet gear • Complete change of clothes including underwear and shoes • Towel • Packed lunch and a drink or small amount of money for café /Beach Bus (café and Beach Bus at Upton Warren only)

For more information see our website: www.aztecadventure.co.uk

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