

# Kit List

## IMPORTANT INFORMATION

- ✓ There is the potential to get wet & muddy on all activities. If certain items of clothing or other items are important to you - leave them at home.
- ✓ Suitable outdoor footwear and clothing is essential for all adventure activities.
- ✗ Unsuitable clothing includes crop tops, very baggy clothing, crocs or very short shorts – so please avoid these when packing - they cannot be worn on activities.
- ✗ Don't bring anything of high sentimental value that may get lost or broken
- ✗ Mobile phones; phones should not be seen or used during activities. Viney Hill accepts no responsibility for any loss or damage if they are.

## GENERAL ITEMS

- ☐ Water Bottle (500ml min)
- ☐ Backpack
- ☐ Waterproof trousers & jacket - all year round!
- ☐ Summer; sun hat & suncream
- ☐ Winter; warm hat & gloves, lots of warm spare layers
- ☐ Medications; clearly labelled with your name (and given to your group leader, unless you need to keep on you all times)

## GENERAL ACTIVITIES

### High ropes activities & climbing

- ✓ Long trousers recommended
- ✓ No crop tops or 'short' shorts as these are not suitable to be worn with a harness

### Tunnels/Caving

- ✓ Long trousers recommended
- ✓ Wellington boots or walking boots recommended

### Mountain biking

- ✓ Long trousers recommended
- ✓ Water bottles are essential (500ml min, 1 litre is better!)

### Archery

- ✓ Long sleeves recommended

## OVERNIGHT STAYS

- ☐ Wash kit - toothbrush, toothpaste, TOWEL, shower gel, shampoo etc.
  - ☐ Pyjamas ☐ Torch (with batteries that work!)
  - ☐ **For 1 night:** 2 full sets of clothes + 2 pairs shoes (including walking shoes/ boots/wellies)
  - ☐ **For 2 nights:** 3 full sets of clothes + 2 pairs shoes (including walking shoes/ boots/wellies)
  - ☐ **For 3 nights:** 4 full sets of clothes + 3 pairs shoes (including walking shoes/ boots/wellies)
  - ☐ **For 4 nights:** 5 full sets of clothes + 3 pairs shoes (including walking shoes/ boots/wellies)
- \*Full set of clothes includes top, jumper/sweatshirt, trousers/shorts, socks & underwear
- ☐ No shoes are allowed indoors, bring extra socks or a pair of slippers to wear.

## BEDDING

You may need to bring your own bedding, please check with your group leader. If so please bring:-

- ☐ A pillow & pillowcase
- ☐ Sleeping bag
- ☐ OR a duvet and bedsheet if preferred

## CANOING / RAFT BUILDING

- ☐ Clothes to wear that will get wet (minimum shorts and top, swimsuits can be worn underneath). Heavy items of clothing like jeans should be avoided.
- ☐ A full set of spare clothes for getting changed afterwards, including shoes
- ☐ **Closed toe shoes such as OLD trainers or water shoes. We do not allow Crocs / Sandals or Sliders.**
- ☐ Towel
- ☐ Bag or bin liner for wet clothes

There's no such thing as the wrong weather, only the wrong clothes!

