

## Activity Kit List

All activities require clothing suitable for the weather conditions. If it is cold dress warmly. If it is sunny protect your skin from sunburn. Wear a hat, sunblock and bring a water bottle. A waterproof jacket can be supplied on all activities

**Surf**  
Swimwear  
Towel  
Aqua Shoes,  
or shoes to wear to and  
from beach

**Climb**  
Comfortable clothes  
Solid sole enclosed shoes  
No short shorts  
No strappy tops

**Kayak**  
Clothes to get wet  
Enclosed shoes to get wet  
No short shorts  
No strappy tops

**Mountain Board**  
Comfortable clothes  
Solid sole enclosed shoes  
Long trousers  
No strappy tops

**Body Board**  
Swimwear  
Towel  
Aqua Shoes,  
or shoes to wear to and  
from beach

**High Ropes**  
Comfortable clothes  
Solid sole enclosed shoes  
No short shorts  
No strappy tops

**Canoe**  
Clothes to get wet  
Enclosed shoes to get wet  
No short shorts  
No strappy tops

**Bude Fact Hunt**  
Comfortable clothes  
Enclosed shoes  
No short shorts  
No strappy tops

**Team Trail**  
Comfortable clothes  
Aqua Shoes,  
or shoes to get wet  
Long trousers  
No strappy tops

**Cave**  
Comfortable clothes  
Solid sole enclosed shoes  
Long trousers  
No strappy tops

**Dragon Boat**  
Clothes to get wet  
Enclosed shoes to get wet  
No short shorts  
No strappy tops

**Beach Study**  
Comfortable clothes  
Enclosed shoes  
No short shorts  
No strappy tops

**ABSOLUTELY NO JEWELLERY CAN BE WORN ON ANY ACTIVITY**

**Any required MEDICATION must be carried on all activities including ASTHMA INHALERS**