

VINEY HILL KIT LIST

WHAT TO BRING FOR A DAY VISIT

- Water bottle
- Clothes to get wet and dirty (ideally long trousers and top)
- Shoes to get wet and muddy (trainers or boots)
- Backpack
- Waterproof Jacket + trousers
- Summer = sun hat + sun cream
- Winter = warm hat + gloves
- Any medication you need.
- Full Spare set of clothes and shoes + towel (Water sports Only)

WHAT TO BRING FOR A RESIDENTIAL VISIT

- **EVERYTHING FROM DAY VISIT LIST**
- Suitcase/big bag
- Sleeping bag (Camping Only)
- Sleeping matt (Camping Only)
- Pillow and pillowcase (Camping Only)
- Wash Kit (toothbrush, toothpaste, towel, shower gel, soap etc)
- Pyjamas
- Torch
- Extra spare clothes
- x1 overnight = 2 Full set of clothes (includes Top, bottoms, jumper, pants, and socks)
- x2 overnight = 3 Full set of clothes
- x3 overnight = 4 Full set of clothes
- x4 overnight = 5 Full set of clothes
- Extra pair of shoes (trainers, boots, wellies)
- If doing water sports an extra towel and some wet shoes (Shoes you are happy to get wet) (MUST BE CLOSED TOE, no sandals/crocs/ wellies)

WHAT TO LEAVE AT HOME

- iPods, MP3s, tablets, radios, TVs Computer games etc
- Mobile phones
- Best clothes, good jeans, shell suits
- Valuables, including jewellery
- **If you like it - leave it at home!**

SPECIFIC ACTIVITY CLOTHING

Climbing/Abseiling

- T-shirt,
- jumper / sweatshirt Tracksuit bottoms
- Walking boots or trainers with good tread

Caving/Gorge Walking

- T-shirt, sweatshirt
- Tracksuit bottoms
- Wellington boots or walking boots or trainers with good tread
- Waterproofs if Gorge Walking

Raft Building / Canoeing

- Swimming costume
- T-shirt, sweatshirt
- Shorts / tracksuit bottoms
- Trainers you don't mind getting wet!!

Team Building / Low Ropes

- T-shirt, sweatshirt
- Tracksuit bottoms/shorts
- Walking boots or trainers with good tread

All Terrain Biking

- T-shirt, sweatshirt
- Shorts / tracksuit bottoms
- Trainers you don't mind getting muddy!
- Gloves

Mountain Days

- Waterproofs
- Walking boots and socks
- Rucksack
- Hat / gloves
- Warm clothing

PLEASE NOTE:

- Remember to dress appropriately for the weather conditions.
- If you are asthmatic or have any other condition that needs medication, take this to each and every activity and let the instructor know before the activity commences.
- DO NOT wear jeans, expensive clothing or inappropriate footwear on ANY activity session.
- DO NOT wear jewellery on ANY activity. This includes rings, necklaces, earrings and watches