

KIT LIST

Whether it is for one day or more, here is what we recommend you bring for your adventure with us at Lower Grange Farm Activity Centre.

GENERAL

- Water bottle
- Torch (and spare batteries) (if you are here in the dark)
- Any medication required -e.g. asthma inhaler, hayfever tablets, Epi Pen
- Sleeping bag, pillow and nightwear (if staying overnight)
- Towel and toiletries (overnight stays)
- Underwear and suitable clothing for activities (detailed below)
- Plastic bag for dirty or wet clothes
- Hat and winter gloves (October - March), or sun cream and hat in warmer months
- Something to tie your hair back if it's long
- Additional money for the shop if you would like to purchase a souvenir, snack food or drinks during your stay

WATER ACTIVITIES

- Set of clothes that you don't mind getting very wet
- Closed toe footwear i.e. aqua shoes (open toe shoes such as flip flops or crocs are not suitable)
- Full change of clothing, including underwear, socks and shoes
- A Towel/ dryrobe
- Bag for wet clothes

DO

- Bring sun cream and hat/woolly hats and gloves (dependant on weather)
- Wear old clothes -they may get wet, muddy or torn
- Wear synthetic fibres, e.g fleece and thermals

ACTIVITIES

- Trousers: 1 pair per 2 days + 1 if staying more than 2 nights (jeans not recommended)
- Shorts (weather permitting) -knee length or longer for activities
- T-shirts/base layers: 1 per 2 days + 1 if staying more than 2 nights (both long and short sleeves, not vest/crop tops)
- Sweatshirts/hoodies/fleeces -1 per 2 days + 1 if staying more than 2 nights
- Closed toe sturdy footwear, e.g. trainers or walking boots x 2 or more pairs (flip flops, sandals or Crocs are not suitable. Wellies are not suitable for most activities)
- Waterproof jacket and trousers x 1

ACTIVITY ADDITIONALS

- Personal climbing kit – if you have your own then you can use it but it can only be used if an instructor inspects its quality and passes it.
- Fencing and Cavebus – it's advised that long sleeves and trousers are worn.
- Adventure Walks/ Hikes – sturdy footwear, backpack, water bottle, spare socks.

DON'T

- Wear jeans or cotton where it can be avoided
- Bring any items of value or that might get damaged such as phones, etc
- Wear jewellery
- Forget your waterproofs

