



The only essential thing you need to bring along is a smile !

equipment list

Whether it's a bike, a rope, your harness, protective helmet, life-jacket, wet-suit or even a pair of wellington boots, ALL the tuition equipment needed to enjoy our activities is provided by our stores !

Please read these notes carefully. It's important you arrive well prepared with plenty of warm clothes and sound footwear



If you have your own walking shoes, stout boots & anoraks it's always best to bring your own gear please.



Please phone Iain if you have any queries

**01433-650345**

## ESSENTIAL ITEMS

### FOR ALL EVENTS :-

- Comfortable foot wear
- Walking boots or shoes
- A wind & waterproof jacket
- A warm hat
- Fleece or warm jumpers
- Lots of old clothes you won't mind getting wet or mucky.
- Stretchy trousers – such as track suit bottoms / tracksters.
- Small day rucksack or bag
- Warm, comfy socks
- Gloves,
- Soap, toothbrush, etc.

### Other very useful items :-

- Sun glasses / Sun hat
- Sun-cream (for optimists !)
- Camera + spare films
- Drinks container/thermos
- Sweeties / chocolate / treats
- Spare glasses / contact lenses
- Insect repellent
- Any medications you need.
- Swimwear ( for pool )
- Hair drier / Alarm Clock
- Over-trousers / gaiters
- Plenty of spare clothing !!
- Mobile phone
- Some sticking plasters
- + personal foot repair items...

If coming by road in Winter, remember the antifreeze, blankets, shovels, etc. if frost/snow is possible !

### Items useful for specific events :-

#### OUTDOOR TRAINING

- Notebooks & pens & course notes
- Watch + items listed below

#### Climbing

- You may also wish to bring along very **tight fitting trainers** or some "sticky boots"

#### Easy Caving & Potholing

- Wellingtons/waterproof boots.
- **Knee protection** (if you need it)
- Rubber **washing-up gloves** if you need to protect your hands/nails.

#### Cycling & Mountain Biking

- Lightweight Cycling Gloves
- **Sunglasses** are almost essential to keep insects out of your eyes.

#### Sailing, Windsurfing & Canoeing

- **Flip-flops/trainers** for in the water.
- **Extra towels/** poly bags for wet kit.
- Bit of string to tie on your specs. !

#### Hill-walking, Orienteering, Hiking

- A decent day **rucksack/bag**.
- A 1 or 2 person **poly bivvi bag**.
- **Headtorch** (especially in Winter)

You may wish to bring along some 1:50,000 and 1:25,000 O.S. maps . plus your own compass and GPS, (but don't buy these items especially ! )

#### Pony Trekking & Riding sessions

- **Sweets / polo mints** for your steeds
- **Slender footwear with raised heel**