

Adventure Clubs

What to bring for your adventure:

We recommend that you wear **clothes which you don't mind getting wet and a bit dirty**. They should be closely fitted and comfortable to allow you to fully participate in the activities. Layers are great to adjust for the temperature of the day. Check the weather before you come!

You should wear **trainers** or similar. Crocs are not suitable for the activities.

- Full change of clothes including underwear
- Swimwear
- Towel
- Change of footwear/water shoes
- Full set of waterproofs or atleast a waterproof jacket
- Suncream
- Sunhat
- Plastic bag to put wet clothes and shoes in

Packed lunch - We are a nut free site.

Water bottle - there are refill places on site. We do not recommend bringing fizzy drinks

Medication

Should you require any medication, this must be named and given to the instructors on arrival. Instructors will place medication in waterproof bags and take them onto the water during activities.

Valuables

Phones - please leave them at home

Money - there is nowhere to purchase items on site and we do not allow you to leave site

The Caldectotte Xperience
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