



Wild by Nature Ltd

FUN, ADVENTURE & CONSERVATION

RE: day/adv/equip/06/08

DAY ADVENTURE ACTIVITY EQUIPMENT LIST

Please ensure you have the following items for your adventure activity day if unsure about how appropriate your equipment/ clothing, you should consult a staff member prior to the activity. Some items marked with a * below can be provided free of charge. All specialist equipment such as buoyancy aids, paddles, survival tins, and indeed any equipment specifically related to an activity will be provided on commencement of your adventure activity. Please ensure you have **brought inhalers or medication** you may need and make it known what additional personal items you would like to borrow. Some of the items below are for warm weather only; the list below is a prompt list.

What to wear on general activities

- 1 x Tough day rucksack 30ltrs size *
- 2 x Tough rubble sac/ bin liner /rucksack liner*
- Water bottle / water container , enough to carry 2 litres *
- zip bag /or Tupperware lunch box containing your lunch
- 1 x pairs of comfortable tough , easy to dry trousers (*not Jeans/denim*)
- 1 x pairs of shorts (*Can be used as trunks, when there is warm Weather*)
- 1 x underclothes
- 1 x woollen loop stitch socks
- 1 x cotton soft inner socks
- 1 x long sleeved shirts
- 1 x T shirts (*when its warm weather*)
- 1 x thermal top (*cold weather wear close to skin under a shirt*)
- 1 x fleece or warm woollen top
- 1 x comfortable stout boots or old trainers if you are canoeing or climbing .
- 1x woollen hat and gloves *
- 1x sun hat, sunscreen & sunglasses (*when its warm weather*)
- Waterproof top , single material without a lining*
- Any medication/inhalers/comfort kits containing aspirins/plasters/blister kit

In addition you will have to bring the following for Canoeing

- 1x old trainers
- 1x towel
- 1x complete change of clothing (*To be left in vehicle*)

During activity the following items may be considered to enhance your experience

- Extra spending money
- Camera and spare memory card
- Small compact field binoculars *
- Mp 3 player / good book
- (*still more , you'll have to carry it*)

If you do not have your own kit, why not borrow it see if you would like to do more and purchase at a later date. *
ITEMS MAY BE BORROWED FROM THE STORE AT NO EXTRA COST AT ALL.

Personal equipment for day activities

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