



Items to bring with you

I've included a list of useful items to bring with you on your trip. Regardless of our meeting location, we will be getting ready outside, so please arrive in the clothes you want to wear for the day - there will be no changing facilities.

Be prepared to do everything out of doors - this includes getting changed and going to the toilet. Bring a towel big enough to cover you if you're getting out of wet clothes. There are perfectly acceptable substitutes for toilet paper in the outdoors, but if you're not comfortable with that and intend to use a tissue or wet wipe, make sure you also have a bag to take it away with you.

Clothing

Please come wearing the clothes for your trip, there may not be any changing facilities. I recommend:

- Thermals eg leggings and base layers
- Sportswear/activewear
- Layers - Fleece or quick drying outdoor clothing
- NOT Jeans or anything cotton as these won't dry or keep you warm when wet.
- If you have any of your own outer clothing or water shoes feel free to bring them too

Layers are always good so pack a few extra and you can always take them with you, it's better to be too warm than too cold!

- Hats
- Gloves
- Sunglasses

Food/Drinks

- Please bring your lunch for full day trips
- Hot/Cold drinks
- Snacks

Other Items

- Large towel & clothes to change into afterwards
- Sunglasses
- Suncream
- Midge Repellent
- Any medication you/your group would usually require during a day (please let me know if you have any medical conditions/injuries)
- Camera