

WHAT TO WEAR FOR ACTIVITIES?

ACTIVITY CHOICES

Onsite – Dry activities

- Warm clothes
- Old comfortable shoes
- Waterproof jacket/coat
- Hat, scarf & gloves
- Sun cream
- Maize Maze (Aug-Oct) – wellies/old trainers, coat, torch (night maze)
- Camera for lots of happy snaps!

Offsite

Wet activities:

- Swimwear or Shorts & T-shirt (under wet suit)
- Old shoes (will get wet)
- Towel
- Warm change of clothes to change into

Dry offsite (Hillwalking/Orienteering):

- Walking shoes or boots (with grip)
- Waterproof coat/jacket
- Warm clothes

We supply:

- All safety equipment required for activities
- Wet suits, buoyancy aids/life jackets & helmets
- Qualified instructors
- Changing rooms, toilet block and showers onsite
- Great memories that will last a life time!!!

Leaders or Parents are responsible for under 16's outside of Carrowmena Activity Sessions

We have our Carrowmena "Coffee Pod" onsite selling hot & cold drinks, crisps, chocolate and sweets



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 **Carrowmena**
Activity Centre

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