

# WHAT TO WEAR FOR ACTIVITIES?

## ACTIVITY CHOICES

### Onsite – Dry activities

- Warm comfortable clothes (no jeans)
- Old comfortable shoes
- Spare socks if doing Inflatables
- Waterproof jacket/coat
- Hat, scarf & gloves
- Sun cream
- Camera for lots of happy snaps!

#### **Mazie Maze**

- Wellies/old trainers, old clothes

### 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
- Please bring a refillable water bottle

### 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!!!

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

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



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