

## What to bring to Hindleap Warren

We look forward to welcoming you to Hindleap Warren and hope that you have a fantastic experience. To ensure that you get the most out of your stay at Hindleap it is important that you come prepared for the adventurous activities and the British weather. Please look carefully at our advice below on what you will need for your stay.

In the summer please do not forget to bring a hat, sun cream and a water bottle.

In the winter it can get very cold and the majority of our sessions take place outside. The best way to keep warm is to wear lots of layers like long sleeved tops and fleeces combined with warm socks, hats and gloves.

Below is a list of clothes, footwear and other items that you should pack for your trip to Hindleap.

- ✓ T-shirts
- ✓ Sweatshirts/fleeces
- ✓ Trousers (tracksuit bottoms NOT JEANS)
- ✓ Waterproofs (jacket and trousers)
- ✓ Clothing to wear in the Centre
- ✓ Gloves and hat
- ✓ Plenty of spare underwear and socks
- ✓ Swimming costume
- ✓ Old trainers
- ✓ Wellington boots
- ✓ Shoes to wear indoors and/or slippers
- ✓ Towels
- ✓ Toiletries

### Hints and Tips

- ✓ A couple of large bin liners are ideal for carrying wet dirty kit and to assist packing on return journey.
- ✓ Do not over pack your bag – you have to be able to carry it!
- ✓ If your bag has wheels it will be easier for you to move it around.

# Activity Kit List

Session	Clothing	Footwear
Archery	Long sleeved jumper or long sleeved T-shirt Jogging bottoms or shorts	Trainers
Climbing	Long sleeved jumper or long sleeved T-shirt Jogging/tracksuit bottoms (NOT jeans or shorts)	Trainers
High Ropes/Zip Wire	T-shirt Jumper Jogging bottoms or shorts	Trainers
Forest Adventure	T-shirt Jumper Waterproof Jogging/tracksuit bottoms (NOT jeans or shorts)	Wellingtons
Environmental Sessions	T-shirt&/or jumper Jogging bottoms/shorts	Trainers
Obstacles	T-shirt Jumper Waterproof Jogging/tracksuit bottoms (NOT jeans or shorts)	Wellingtons
Map Reading & Orienteering	T-shirt &/or jumper Jogging bottoms/shorts	Trainers
Team Exercises/Problem Solving/Team Challenge	T-shirt &/or jumper Jogging bottoms/shorts	Trainers or Wellingtons
Mining	Old clothes Long sleeved jumper Waterproof Long trousers	Wellingtons
Canoeing/Kayaking	Clothes you don't mind getting wet If warm and sunny - shorts and T-shirt If cool – loose fitting clothes Towel and change of clothes to keep warm	Shoes or Sandals
Mountain Biking	T-shirt Jumper Long trousers (NOT shorts) Socks you can tuck your trousers into Gloves Waterproof Don't wear a watch	Trainers
Swimming	Towel Swimsuit	Shoes or Sandals

Don't forget...

Hot Weather - you will need suntan lotion and a hat.

Wet Weather - you will need waterproofs and wellingtons (trainers for roped activities).