

## ACTIVITY NOTES AND CLOTHING REQUIREMENTS

**ABSEILING** : also called **RAPELLING**. This is going down a rope over a steep/vertical rock face with a second safety rope attached which the instructor controls. Descents of between 6 metres and 30 metres can be made. Exhilarating and exciting.

Gear you will be kitted out with: Harness, hat and glove.

Clothing we recommend you bring/wear: Close fitting items ~ good grip footwear (trainers/walking boots) ~ clothing that covers the waist area and if shorts are worn ones that cover half way to the knee (Harness material can dig into the body if worn against bare skin)

**AVOID IF POSSIBLE:** Baggy clothing ~ JEANS ~ restrictive clothing ~ Long draw cords (tuck away) ~ Bulky items in pockets ~ dangly earrings ~ rings  
Hair to be tied up BUT avoid bunched hair, otherwise hats can not be fitted properly.

**CLIMBING:** Climbing up a rock face whilst being protected by a rope. Once you have done what you can, you will be lowered to the ground. Climbs of between 6 metre and 20 metres can be achieved. Challenging, exciting and fun.

**SAME GEAR/CLOTHING/AVOID ADVICE AS ABSEILING**

**ARCHERY.** Using a bow to shoot arrows at a target. Once, the basics have been grasped, competitions and archery games may be played.  
Addictive, satisfying, low energy fun.

Clothing we recommend you bring/wear: Close fitting top wear~ trainers

**AVOID IF POSSIBLE** Baggy sleeves~ if baseball hats are worn( turn them round so peak does not stick out at front)~ long drawstrings (tuck them away)~ shoes that expose the foot in anyway~ long earrings.

**TEAM CHALLENGES:** Working as a team, the group work out how to achieve a task/s. The tasks can be mildly physical. A giggle but sense of achievement.  
This usually takes part with the Archery.

**KAYAKING:** Takes part in single seated kayaks in which the kayaker has there bottom on the seat in a cockpit and there legs out in front of them under a deck (They are easy to exit in the event of a capsized )  
The kayaker uses a paddle with a blades each end to move the kayak on a placid river.  
Basic strokes are taught, fun games to use skills gained. You will get damp and you may get wet.  
Fun, wet and challenging.

Gear we provide: Wetsuit (nothing is worn under the wetsuit apart from knickers/swimsuit), wetboots~ windproof top~ buoyancy aid~hat.

You need to bring: Long sleeved top to go over wetsuit~t shirt~towel~spare underwear~spare top~plastic bag to put any wet clothes in after event.

**AVOID IF POSSIBLE** : Take off dangly jewellery

**CANOEING (OPEN BOATING):** This is sharing a canoe with one or two others each paddling with a single bladed paddle either sitting or kneeling.

Basic skills and games are taught. Fun, wet and challenging.

We will provide a buoyancy aid, hat, wetshoes and windproof top.

We encourage canoeists to wear wetsuits in case of capsizes but this is less likely in a CANOE so if clothes are worn, try to avoid JEANS, heavy bulky items, long drawcord, dangly jewellery and if you are wearing your clothes **BRING A SPARE SET OF CLOTHING in case.**

You need to bring: Long sleeved top to go over wetsuit~t shirt~towel~spare underwear~spare top~plastic bag to put any wet clothes in.

**CAVING:** Exploring the amazing limestone passages underground known as caves. You may be walking, stooping, crawling and climbing. Routes are picked to suit the participants from being easy and reasonably gentle to more physical. This can be inspiring, exciting, physical and educational!!

We provide undersuits, oversuits and wellingtons to all guests. Bring a tee-shirt, tracksuit bottoms and thick socks to wear underneath. A change of underwear and a towel. Please bring wellingtons if you have them. (this is especially important if you are part of a group or school party).

**TYROLEAN TRAVERSE:** Sliding on ropes that span across a gap/gorge/rift/ravine from one rock face to another (or between trees), involving being suspended up to 90ft above the ground. A truly adrenaline filled experience!

Wear trainers and tracksuit type clothing.

#### **GENERAL INFORMATION/ADVICE ON THE ABOVE**

We wish to make the activities enjoyable, having achieved/conquered a skill/fear/task, as challenging as possible but most of all fun. We will not force participants to do anything but we will encourage everyone to have a go.

Think about what to wear with the above in mind. Always bring a coat along (you do not have to wear it but if you have not got one you have no choice) Avoid your best clothes and anything light coloured you want to stay that way.

Long finger nails may not survive!

Cotton absorbs water and has no thermal qualities if wet, bear this in mind for water based activities.

The weather can be chilly and wet so be prepared, although temperatures in June/July are usually kind.

Rock climbing will take place at an old quarry, however if the weather is very wet it may take place at an indoor wall.