

Adventure Day Kit List

This is a 1 DAY kit list, please alter accordingly.

The courses at Peat Rigg involve lots of time outdoors in all weather conditions. There is a likelihood that clothes will get wet and dirty during your day. Old, hard-wearing, and warm clothes are required in all seasons.

Clothing for Activities + spares (per person) (An entire spare change of clothes is recommended especially with any water activities)	✓
• Any personal medication required	
• 2 pairs of thick socks	
• 2 warm T-shirts or thermal tops	
• 2 sleeved Fleeces	
• 2 pairs of Shoes or boots (1 for wet activities 1 for dry)	
• Gloves, hat, and scarf (depending on season)	
• 2 pairs of trousers – thermal lined are ideal (Jeans are not suitable for activities)	
• Waterproof coat (and trousers if you have them)	
• A large towel (water activities)	
• A plastic bag (for wet clothing)	
• Sun cream / sun hat on summer days	
• A camera	
• Spending money for the gift shop	

Important Notes:

We do **NOT** provide food on the adventure days; you will be required to bring your own packed lunch.

You will be responsible for your own personal belongings; we recommend keeping any valuables locked in a car left in our private carpark.