

## CLOTHING RECOMMENDATION FOR INSTRUCTED ACTIVITIES

The following table provides an outline of the clothing recommended for each of our instructed activities. Rock UK will provide all specialist equipment required for the activities you are participating in.

Please note:

- 1) If you are booked to do any activities that are not listed here this means they do not require any particular clothing in order to participate.
- 2) Not all activities listed here are available at all centres—If you have any queries about the activities available for your group please contact the centre you are to be visiting.

Activity	Clothing needed
<b>Abseiling</b>	The top of the abseiling tower can be quite cold so make sure you dress appropriately. Please wear non-slip shoes, no jewellery and tie back long hair.
<b>Archery</b>	Please wear closed toe shoes and tie back long hair.
<b>BMX</b>	Old clothes to be worn (especially if it's raining) and trainers.
<b>Bushcraft and Campfire</b>	
	Please wear warm outdoor clothes (long trousers) waterproofs and trainers/wellies (not sandals).
<b>Caving</b>	Old clothes and wellies are recommended. We will provide overalls to go over the top of your clothes.
<b>Climbing and Indoor Climbing</b>	Closed toe, non-slip shoes are best for this activity (ideally trainers). Trousers or long shorts are also best when wearing a harness. Jewellery should be removed and long hair tied back.
<b>Fencing</b>	Long trousers are best as well as closed toe shoes. Wear a lightweight top layer as fencing jackets can be quite warm.
<b>Geocaching and Orienteering</b>	Suitable outdoor clothing (and shoes) should be worn. Waterproofs may also be needed.
<b>Gorge Walking</b>	Old clothes and shoes should be worn. Be ready to get wet.
<b>High Ropes</b>	Trainers are best for high ropes, as well as long shorts (below the knee) or trousers (and ideally long sleeved tops). Also, please wear closed toe, non slip shoes; tie back long hair and remove jewellery.
<b>Kayaking, Open Canoe and Raft Building</b>	Wear old clothes (including shoes) that you are ready to get wet in. Please DO NOT wear jeans or wellies. Be prepared with a towel and full change of clothes after the session.
<b>Mountain Biking</b>	Old clothes to be worn (especially if it's raining) and trainers.
<b>Night Hikes</b>	Comfortable shoes (that could get muddy) should be worn. Warm clothes (and waterproofs) will be needed, especially in winter, as well as a torch.
<b>Pedal Karting</b>	Can be very wet, dirty or dusty so please be prepared.
<b>Walk the Plank</b>	Old clothes and wellies are best for this activity.
<b>Water Walkerz</b>	Wear your swimming costume with shorts and t-shirt over the top and bring a towel. You shouldn't get wet but it's good to be prepared!

