



KIT LIST

All of our activities take place in the great outdoors and we go ahead whatever the weather. **We strongly recommend wearing clothing and footwear you don't mind getting muddy or wet.** Bring suitable protection for rain and sun such as waterproofs, sunglasses and sunhats - sometimes you might need both on the same day!

ARCHERY/ARCHERY ACTIVE/AIR RIFLE/AXE THROWING

Must Haves: Full-length sleeve top and closed toe shoes: no flip flops, sandals or crocs.

Suggestions: Layers so you can wrap up or cool down.

CAVING

Must Haves: Old clothes with long sleeves and full-length trousers. Thick socks and walking boots or wellies with ankle protection. We have wellies to borrow if you don't have your own.

Suggestions: Caves have a consistent temperature year round so may feel cold in warmer months.

CLIMBING & ABSEILING

Must Haves: Closed toe shoes that you can climb in- trainers or walking boots. Flip flops, sandals or crocs are not suitable.

FRISBEE GOLF & ORIENTEERING

Must Haves: Good, sturdy footwear. The ground can be slippery, especially following rainfall.

Suggestions: The frisbee golf and orienteering course navigate through steep woodland and up onto our hill - so be prepared to be out in the open.

KAYAKING/CANOEING/PADDLE BOARD/RAFTING/ASSAULT COURSE

Must Haves: You must wear secure footwear to protect your feet from objects on the bank or in the water. Old trainers are best- **flip-flops are not suitable.** Avoid jeans, denim gets very heavy when wet- leggings, joggers or shorts are better. Bring a complete change of clothes and a towel.

Suggestions: Plenty of warm clothing to wrap up in afterwards.

SKIING & SNOWBOARDING

Must Haves: Full length sleeves, full length trousers and a pair of full fingered gloves plus thick, long, socks.

Suggestions: You don't need salopettes or a ski jacket on our slope and if you fell, the surface could rip them.

TEAM BUILDING/MISSION IMPOSSIBLE/LOW ROPES

Must Haves: Full-length sleeve top and closed toe shoes such as trainers or walking boots.

Suggestions: You'll be in the woods and open in whatever the weather so bring a rain jacket and sun protection.

TOBOGGANING

Must Haves: Full-length sleeves, full length trousers and a pair of full fingered gloves. Closed toe shoes. No flip flops, sandals or crocs.

Suggestions: You'll get warm running back up the slope so lightweight long-sleeved shirts are best.



IMPORTANT!

We **strongly recommend** leaving valuables and jewellery at home. Our team cannot look after your belongings whilst on activity.

Mendip Activity Centre is not responsible for loss or damage to any personal possessions, valuables or clothing.

NEED NEW KIT?

Our friends at Outdoors & Active in Weston Super Mare are generously offering all Mendip Activity Centre customers a 10% discount. Show proof of your booking in-store to redeem.

www.outdoorsandactive.co.uk

Outdoors & Active
The Outdoor & Travel Specialists

TOP TIPS

- There are shower and locker facilities available at Mendip Activity Centre's main activity site (BS25 5PQ).
- Avoid jeans. Denim can be very hard to move in, especially if they get wet.
- Bring a bottle of water- adventure is thirsty work.
- The majority of our sessions require closed toe footwear. Even when it's hot, we can't allow flip flops, sandals or crocs. Sorry.
- We sell gloves in reception.
- Always check for tick bites after spending time outdoors.

www.mendip.me/ticks



RESIDENTIAL KIT LIST

Our standard activity kit list still applies. The following acts as a useful guide for students attending a school residential to ensure they've not forgotten anything. It can also act as a useful guide to any families visiting Mendip Basecamp.

CAMPS & RESIDENTIALS

- Sleeping bag & pillow
- Wash kit - toothbrush, toothpaste, shampoo etc.
- Towel for showers
- Nightwear
- Lots of underwear & socks
- Old trousers- two pairs (no jeans)
- Shorts
- T-shirts (plenty)
- Long-sleeve tops (plenty)
- Warm jumpers/fleeces (layers are best)
- Warm coat
- Waterproof top and waterproof trousers
- Woolly hat & gloves
- Wellies or walking boots
- Closed toe shoes (two pairs, one to get wet)
- Old towel for activities
- Reusable water bottle (1 litre)
- Bin bags for wet/muddy clothes
- Torch and spare batteries
- Sun protection (sun-cream, hat, sunglasses)
- Insect repellent
- Book to read
- Pencil and paper



IMPORTANT!

Do not bring:

- Electronic devices
- Jewellery
- Valuables
- Favourite clothing
- Favourite shoes

TOP TIPS

- Pack everything in a large bag and bring a smaller day bag: on the first day, bring your packed lunch, water bottle and coat in your day bag
- Label everything with your name
- Avoid jeans. Denim can be very hard to move in, especially if they get wet.
- Always check for tick bites after spending time outdoors.

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