WHAT I NEED TO WEAR FOR MY ACTIVITIES

ACTIVITY	TO WEAR ✔	NOT TO WEAR ✘	NOTES
ROPES SESSIONS – ABSEILING CLIMBING CENTIPEDE FLYING FOX GIANT SWING LEAP OF FAITH POSSUM GLIDER	Sturdy footwear Tops that cover the shoulders Shorts that cover the thighs	Open toed shoes/sandals Thongs/Crocs Jewellery	Bring some warm clothing in case of bad weather – rain jacket, jumper etc. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session.
WATER BASED ACTIVITIES	Old, warm clothing Fleeces Layers Closed toe shoes	Gumboots Crocs Jeans Heavy cotton clothing	All guests should bring a bag containing dry shoes, jumper, towel, trousers and underwear.
AEROBALL	Socks Long shorts or trousers	Barefoot Jewellery	Long hair tied up. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session
ARCHERY	Flat Shoes	Thongs/Crocs Jewellery	Avoid loose clothing. Bring some warm clothing in case of bad weather. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session.
BUSH CRAFT CHALLENGE COURSE INITIATIVES EXERCISES LASER TAG LOW ROPES ORIENTEERING SENSORY TRAIL TEAM CHALLENGE	Walking Boots/Runners	Open toed shoes/sandals Thongs/Crocs Jewellery	Bring some warm clothing in case of weather – rain jacket, jumper etc. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session
CAMPFIRE	Old, warm clothing Fleeces Layers Sturdy close toe shoes Backpack	Clothes that you don't want smelling like smoke	You may want to carry a torch

OTHER ESSENTIALS

On **all activities – long hair** should be **tied back**, a **hat** should be worn if required, you carry a **water bottle** that is **full**, and you are carrying a **rain jacket** as well.