WHAT I NEED TO WEAR FOR MY ACTIVITIES

ACTIVITY	TO WEAR ✔	NOT TO WEAR ✘	NOTES
ROPES SESSIONS – ABSEILING CLIMBING JACOBS LADDER LEAP OF FAITH FLYING FOX POSSUM GLIDER	Sturdy footwear Tops that cover the shoulders Shorts that cover the thighs	Open toed shoes/sandals Thongs/Crocs	Bring some warm clothing in case of bad weather – rain jacket, jumper etc.
LOW ROPES TEAM CHALLENGE TRUST EXERCISES	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
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	Long hair tied up
ARCHERY	Flat Shoes	Thongs/Crocs	Avoid loose clothing Bring some warm clothing in case of bad weather
ORIENTEERING	Walking Boots/Runners	Open toed shoes/sandals Thongs/Crocs	Bring some warm clothing in case of weather – rain jacket, jumper etc.
BUSH WALK	Old, warm clothing Old, warm clothing Fleeces Layers Sturdy close toe shoes Backpack	Open toed shoes/sandals Thongs/Crocs Gumboots	Ensure you are carrying enough water to get through the bush walk
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, you carry a water bottle that is full and you are carrying a rain jacket as well.