

NORTHUMBERLAND ADVENTURE LTD

Sweethope Loughs Challenge Day – Kit List

What to wear on the bus, ready for the day:

The aim of the game is weather – appropriate clothing, so adjust the number of layers you wear to the temperature of the day. On an average British summer day, 15degrees, some wind, possibly a shower, the following would be ideal:

- Tracksuit bottoms or walking trousers
- T-shirt, jumper or fleece
- Baseball cap (for sunny days) woolly hat for chilly days
- Sturdy trainers or lightweight walking boots (well worn)
- Insect repellent and sun-cream (if you have, if not, you can share amongst your group)
- Waterproof jacket and if the forecast is for persistent showers, then waterproof trousers

Food & Drink:

There are no facilities to buy food at Sweethope, so please bring:

- A big water bottle (can be refilled at Sweethope)
- A hearty packed lunch
- A snack or treat, if you like, either for breaktime or the journey back home.

Change of clothes:

There is a chance that you get wet on the day, so please bring a full change of clothes including footwear in a plastic bag (so that you can pop your wet gear into the bag after you got changed)

What we provide:

We do not provide coats/footwear, please bring your own outer wear. All the technical equipment will be provided for you, which includes the buoyancy aid and depending on the activities all the specialist kit needed.

What not to bring:

Please leave money, electronic items, watches and jewellery at home, if you can.

Please do not wear your fancy new trainers or expensive down jackets. It is an outdoor activity day, so some rips and dirt is to be expected.

