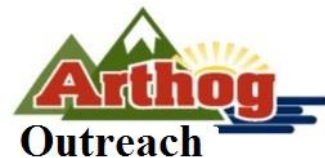


What to Bring on Arthog Outreach



Being too hot, cold, uncomfortable, hungry, thirsty etc. will spoil your day, so pack appropriately.

We do have to fit our activities around the weather so plans may have to be changed!

All waterproofs and specialist safety equipment will be provided.

- **Old clothes**, good for active use, *we often get dirty/ wet, if not both.*
- **Warm clothes**, *two thinner jumpers are better than coats.*
- **Good socks**, *trainer socks or thin socks are not suitable.*
- **Trainers or walking boots**, *they must be sensible and well fitting.*
- **Wellies**, *if doing wet activities, these can be provided.*
- **Complete change of clothes**, if there is a chance of carrying out a water activity.
- **Packed lunch**
- **Drink**
- **Sun cream?**
- **Warm hats/ gloves?**
- **Medicines**, you may not be allowed to come if you have forgotten this

Mobile phones, money or jewellery are not generally required and are liable to being lost or damaged.