

# HOAC KIT LIST

## General Kit List

*Bring/ wear for the activities*

- Old trainers
- Waterproof jacket
- Warm hat /Cap /Sun Cream/ Water
- T-shirt & thin jumper / sweat shirts / fleece
- Track suit trousers or similar (No Jeans)
- **A COMPLETE CHANGE OF CLOTHES INCLUDING SPARE SHOES (to change into)**
- Some small change for vending machine
- Any necessary medication
- A packed lunch

## Climbing, High Ropes, Archery & Low Ropes

*You will need to wear the following to take part in the activity*

- Trainers (No Sandals)
- We advise wearing long sleeves and trousers for these activities (in hot weather shorts & t-shirts are acceptable)

## Fencing, Caving

*You must wear the following to take part in the activity*

- Trainers (No Sandals)
- Caving -Long trousers and *long* sleeved top
- Fencing – Long trousers and *short* sleeved top

## Water Based Activities

*Rafting, Kayaking/Canoeing, Sailing, Windsurfing,  
Wobble Boards, Dragon/Bell Boats, Kata Kanu*

*Bring/wear for the activities*

- Swimming costume
- T-shirt & thin jumper
- Track suit trousers or similar (**No Jeans**)
- Old trainers (Footwear must be worn at all times on all activities)
- Soap and a towel