



Kit List for Gorge Scrambling



Tips for your session

To Wear and take:

- Old trainers or similar (something you can swim in and will stay on your feet, not flip flops or crocs)
- Swim suit (for under your wetsuit)
- Board shorts or similar (for over your wetsuit)
- Any medication and allergy medicine (i.e. inhalers, epipens etc)

To take (for after or between session(s) :

- Spare clothes
- Towel
- Drink (soft drink or water)
- Packed lunch (We can supply if required at additional cost)
- Spare trainers or boots (for after the activity)

We provide wet suits, helmets and buoyancy aids.

- ✓ *DO NOT wear wellington boots (difficult to swim in).*
- ✓ *If you wear glasses it's a good idea to leave them off.*
- ✓ *If it's summer, then sun screen is a good idea.*
- ✓ *DO NOT take electronic devices; we will take pictures and video for you!*

If you are unsure please don't hesitate to ask!

01600 890027 or email enquiry@wyecanoes.com



Institute for Outdoor Learning

Wye Canoes Ltd
Company No: 07161792
Registered Office: Hillcrest, Symonds Yat, Ross-on-Wye, HR9 6BN

