Kit list for groups visiting Leaside.

The kit lists below are to be used as a guide only and are not extensive. Cagoules and Buoyancy Aids are provided by us.

Land-based activity day/s (including canal boat)

- Appropriate clothing for the weather - jumper, trousers, long sleeved t-shirt
- Old pair of trainers (flip-flops, crocs or open back/toe shoes are not suitable)
- Warm coat
- Waterproofs
- Hat and gloves/sun cream and sun hat
- Water bottle and a nut-free packed lunch

Water-based activity day/s (or combination of land and water)

- Appropriate clothing for the weather - jumper, trousers, long sleeved t-shirt
- Old pair of trainers (flip-flops, crocs or open back/toe shoes are not suitable)
- Shorts or swimming costume and towel
- A change of clothes including underwear/socks/trainers
- Warm coat
- Waterproofs
- If wearing glasses, an eyewear strap or similar
- Hat and gloves/sun cream and sun hat
- Water bottle and a nut-free packed

*if undertaking both morning and afternoon water-based sessions we suggest bringing an extra change of clothes, one set for the morning, one for the afternoon and one including dry shoes to go home in