



KIT LIST

What do you need bring when you participate in activities at Clyne Farm Centre?

If you are taking part in a full day's activities you will also need a packed lunch, a drink and optional money for the shop.

ONSITE ACTIVITIES

Challenge Valley Assault Course

Most participants wear clothes that they are happy to throw away rather than trying to wash all the mud off. Participants are asked to remove muddy/wet outer clothing before entering the shower block so don't forget to wear a swimsuit underneath your clothes!

- Throw away clothes.
- Throw away footwear – **LACE UP SHOES ONLY** – NO crocs/slip on/wellies (if shoes get stuck in the mud the participant may not be able to complete the course)
- Swimsuit to wear under your throw away clothes.
- Shower kit and towel.
- Warm clean clothes to wear home.
- Clean footwear to wear home.
- Plastic bag to take any muddy clothes home.
- Water bottle (not to be carried on course).

Any Spectators **MUST** also wear wellies/trainers/boots (no open footwear) and clothes that you don't mind getting splashed.

Horse Riding (including Adopt a Pony).

- Clothes appropriate for the weather (including waterproofs if rain is forecast).
- Shoes, trainers or boots with a small heel.
- Water bottle (not to be carried on ride).
- For Adopt a Pony days; spare set of clothing in case of bad weather.

Raft Building (including onsite kayaking).

Participants are asked to remove muddy/wet outer clothing before entering the shower block so don't forget to wear a swimsuit underneath your clothes!

- Throw away clothes.
- Throw away footwear.
- Swimsuit to wear under your throw away clothes.
- Shower kit and towel.
- Warm clean clothes to wear home.
- Clean footwear to wear home.
- Plastic bag to take any wet or muddy clothes home.
- Water bottle.

Archery (may be conducted outdoors).

- Clothes appropriate for the weather (including waterproofs if rain is forecast).
- Shoes, trainers, wellies or boots.
- Spare set of clothing in case of bad weather.
- Water bottle.

Indoor Climbing

- Comfortable clothes which allow movement to climb.
- Trainers.



- Water bottle.

Problem Solving (including treasure hunts, and orienteering).

- Clothes appropriate for the weather (including waterproofs if rain is forecast).
- Shoes, trainers, wellies or boots (the ground may be muddy).
- Spare set of clothing in case of bad weather.
- Water bottle.

Bushcraft & Forest School

- Clothes appropriate for the weather (including waterproofs if rain is forecast).
- Wellies or boots (the ground will be muddy).
- Spare set of clothing in case of bad weather or muddy explorations!
- Water bottle.

Birthday Parties

- Challenge Valley – As per Challenge Valley Assault Course list.
- Little Pony Party, Pony Party, Unicorn Party - As per Horse Riding list.
- Archery & Climbing Party – As per Archery & Climbing list
- Bushcraft Party - As per Bushcraft list.

OFFSITE ACTIVITIES

Gower Challenge

- Clothes appropriate for the weather (including waterproofs if rain is forecast).
- Comfortable walking boots or trainers (the ground may be muddy).
- Change of clothes.
- Change of footwear.
- Towel.
- Plastic bag to take any wet clothes home.
- Water bottle.

Coastal Challenge & Dinas Challenge (including rock hopping, outdoor rock climbing, abseiling and gorge walking).

- Clothes appropriate for the weather (including waterproofs if rain is forecast). Clothes should allow movement to climb.
- Walking boots or trainers with a good grip.
- Swimsuit.
- Towel.
- Warm clean clothes to wear home.
- Clean footwear to wear home.
- Plastic bag to take any wet clothes home.
- Water bottle.

Surfing

- Swimsuit.
- Towel.
- Clothes appropriate for the weather (including waterproofs if rain is forecast).
- Warm clean clothes to wear home.
- Clean footwear to wear home.
- Plastic bag to take any wet clothes home.
- Water bottle.

Final important piece of advice - always check the weather forecast!