

Gear List

SUMMER

WINTER

SUN HAT or cap

WOOLLY or other warm HAT

Sunscreen

T-SHIRT

SKIVVY, polyprop or long underwear

PULLOVER

- ☺ wool
- ☺ polo-fleece
- ☺ swandri or warm shirt
- ☺ sweat shirt

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- ☺ polo-fleece
- ☺ swandri or warm shirt

⊗ Sweat shirts are not warm enough

RAINCOAT essential *
to be used as wind-breaker and/or to keep off the rain.

* If you do not have a rain coat, use a rubbish bag with arm holes cut in it!

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SHORTS or LONG TROUSERS

- ☺ trackpants

WARM TROUSERS

- ☺ trackpants
- ☺ polyprop or long underwear

⊗ jeans are not warm enough

SWIMSUIT

If doing a cave tubing trip or Haggas Honking Holes

FOOTWEAR

- ☺ gumboots
- ☺ old running shoes

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- ☺ old running shoes

Your feet will get wet and muddy!!!!



Also bring

Clean clothes and shoes to change into
Rubbish bag to put dirty clothes and shoes in

