

Personal Equipment List:

For all activities we recommend you bring clothing suitable for the weather. Please remember you will be outside for the majority of your day. Below is an idea of what to where but is not an exhaustive list:

- Shirt / T-shirt
- Fleece / Jumper
- Tracksuit Bottoms / Trousers (No Jeans)
- Training Shoes / Boots (No Wellies)
- Hat & Gloves
- Waterproof Top & Trousers
- Sun Cream & Sun Hat

Don't forget to bring lunch, a refillable drinks bottle and a bag to keep your belongings in.

All of our centres except Trafford Watersports & Trafford Treetops have tuck shops that you will be able to access at lunch and the end of the day. £2 - £3 will be enough to buy a drink and a snack to help recharge your energy.

Aerial Sports:

Climbing, Abseiling, High Ropes, Zip Line & Leap of Faith.	Training shoes (must be closed toe) and clothing that allows for free movement are best for these activities.	Depending on the weather you may get cold waiting for your turn, so you may wish to bring a jumper/fleece.
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Watersports:

Canoeing, Kayaking, Katakana, Bell Boating, Stand Up Paddleboarding, Raft Building, Sailing & Windsurfing.	Shoes are to be kept on whilst you are in the water at all times so please bring breathable clothing that doesn't hold too much water and older shoes you don't mind getting wet and muddy.	You are likely to get wet so please bring along a towel, change of clothes and a plastic bag to put your wet belongings into.
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Land Activities:

Orienteering, Archery, Team Challenges, Bush Craft.	Supportive shoes and warm clothes are best for this activity.	Depending on the weather you may get wet and/or muddy so please bring along a change of clothing.
Mountain Biking.	Old trainers and clothes are best for this activity.	Depending on the weather you may get wet and/or muddy so please bring along a change of clothing.

Residential:

Underbank Activity Centre	<p>As well as bringing appropriate and sufficient amounts of clothing for your activities you will also need to bring overnight clothes, a wash kit, pillow and a torch.</p> <p><i>Please Note: We provide sleeping bags, roll mats and liners as well as all plates and cutlery etc. If you would prefer to use your own then please feel free to bring them.</i></p>	<p>Depending on the season you are staying we recommend to bring some insect repellent with you!</p> <p><i>Please Note: Food is not allowed in our tents to ensure we keep unwanted visitors away. Food is provided and there is a tuck shop so there is no need to bring anything extra.</i></p>
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