

The quantity of clothing you bring will depend on the duration of your visit and your chosen activities.

Generally, we advise participants to wear clothing in layers, according to the time of year and prevailing weather conditions (3 or 4 layers on the upper body are normal for most activities).

**Some general hints:**

- Use synthetic material (rather than cotton) – it's generally regarded as being more effective as a base layer (i.e., next to the skin).
- Avoid loose clothing for activities
- Extra warm clothing advised in colder weather
- Bring lots of sun cream in summer & insect repellent
- Remove and don't bring jewellery
- Long hair will need to be tied back so please bring plenty of hair bands
- Remember soap & a 2 towels (1 for after water activities & 1 for shower time)
- A waterproof jacket (and waterproof trousers too if you have them)
- Fleece, gloves & a hat always a good idea in colder weather .. or just in case, even in summer!
- Comfortable shoes
- You're going to get wet and dirty ... make sure you have sufficient clothes to change into
- Plenty of pairs of socks

This list is not exhaustive but will give you a good indication of what you need to bring!

Location	What You'll Need Do's	What You Shouldn't Do Don't's
<b>Dolben Hall (accommodation)</b>	<ul style="list-style-type: none"> <li>• Casual wear for lounging around the centre when not doing activities</li> <li>• Slippers or indoor footwear</li> <li>• Nightwear</li> <li>• Underwear &amp; socks</li> <li>• Towel</li> <li>• Soap/Shampoo</li> <li>• Torch</li> </ul>	<ul style="list-style-type: none"> <li>• Please do not wear your outdoor shoes in the house and it invariably means you'll be bringing mud in</li> </ul>
<b>Bell Tent Village (accommodation)</b>	<ul style="list-style-type: none"> <li>• Sleeping bag</li> <li>• Pillow</li> <li>• Towel</li> <li>• Soap/Shampoo</li> <li>• Blanket as it gets cold during the night</li> <li>• Ear Plugs might be an idea as we have a pack of hounds as neighbours &amp; they wake up early!</li> </ul>	<ul style="list-style-type: none"> <li>• Wear high heels .. you'll damage the bottom of the tents!</li> </ul>
<b>Water Activities</b>	<ul style="list-style-type: none"> <li>• Comfortable clothes (swimming costume or short &amp; a T.Shirt to wear under wetsuits)</li> <li>• Old shoes you don't mind getting wet</li> <li>• Winter – gloves, hat, warm fleece, waterproof coat</li> <li>• Summer – sun cream, cold drink, T.Shirt</li> </ul>	<ul style="list-style-type: none"> <li>• Wear Jeans</li> <li>• Wear Wellies</li> <li>• Wear Flip flops or shoes that fall off (you will be given wet-boots however for the activities)</li> <li>• Wear Jewellery</li> <li>• Wear Skirts</li> </ul>
<b>Land Activities</b>	<ul style="list-style-type: none"> <li>• Comfortable clothes (e.g., jogging bottoms/leggings)</li> <li>• Trainers</li> <li>• Trousers</li> <li>• T. Shirt &amp; Fleece</li> <li>• Winter – gloves, hat, warm fleece, waterproof coat</li> <li>• Summer – sun cream, cold drink, T.Shirt</li> </ul>	<ul style="list-style-type: none"> <li>• Jeans</li> <li>• Shorts</li> <li>• Vest tops/strappy tops/short tops</li> <li>• Jewellery</li> <li>• Flip-flops or shoes that fall off/high heels</li> <li>• Skirts</li> </ul>