

# dallam outdoors

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## WHAT TO BRING every day:

- Packed lunch and cold drink (at least 1 litre & no glass bottles)
- Activity clothing:
  - Tracksuit bottoms
  - T-shirt
  - 2 fleeces
- Warm clothing is essential *whatever the weather*. We may have to finish a session early if children are not appropriately dressed.
- Waterproof jacket
- Waterproof trousers
- Suitable footwear
- Full change of clothing:
  - Long trousers
  - T-shirt
  - Warm jumper or fleece
  - Underwear
  - And footwear.
- Towel
- Sunglasses and sun cream
- Big carrier bag for wet/muddy clothes

### **Important Note:**

Please ensure that the above equipment is brought to **every** activity day – we may have to finish an activity early if children are not sufficiently equipped.

Please do not bring any cameras, mobile phones or other electrical/delicate items. We cannot guarantee their safety or security. If you need to contact your child you may do so through the Duty Manager at Dallam Outdoors.

“make every experience count”



Also experts in the provision of:

- BCU courses
- Cave Leader Levels 1 & 2
- REC First Aid 1, 2 & At Work

