



# WHAT I NEED TO WEAR FOR MY ACTIVITIES

ACTIVITY	TO WEAR 	NOT TO WEAR 	NOTES 
<b>ROPES SESSIONS –</b> <b>ABSEILING</b> <b>CLIMBING</b> <b>CENTIPEDE</b> <b>FLYING FOX</b> <b>GIANT SWING</b> <b>LEAP OF FAITH</b> <b>POSSUM GLIDER</b>	Sturdy footwear Tops that cover the shoulders Shorts that cover the thighs 	Open toed shoes/sandals Thongs/Crocs Jewellery	Bring some warm clothing in case of bad weather – rain jacket, jumper etc. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session.
<b>WATER BASED ACTIVITIES</b>	Old, warm clothing Fleeces Layers Closed toe shoes	Gumboots Crocs Jeans Heavy cotton clothing	All guests should bring a bag containing dry shoes, jumper, towel, trousers and underwear.
<b>AEROBALL</b>	Socks Long shorts or trousers	Barefoot Jewellery	Long hair tied up. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session
<b>ARCHERY</b>	Flat Shoes 	Thongs/Crocs Jewellery	Avoid loose clothing. Bring some warm clothing in case of bad weather. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session.
<b>BUSH CRAFT</b> <b>CHALLENGE COURSE</b> <b>INITIATIVES EXERCISES</b> <b>LASER TAG</b> <b>LOW ROPES</b> <b>ORIENTEERING</b> <b>SENSORY TRAIL</b> <b>TEAM CHALLENGE</b>	Walking Boots/Runners	Open toed shoes/sandals Thongs/Crocs Jewellery	Bring some warm clothing in case of weather – rain jacket, jumper etc. If jewellery cannot be removed, please ensure they are made safe (e.g. by taping over them), or the participant will not be able to take part in the session
<b>CAMPFIRE</b> 	Old, warm clothing Fleeces Layers Sturdy close toe shoes Backpack	Clothes that you don't want smelling like smoke	You may want to carry a torch 

## OTHER ESSENTIALS

On **all activities** – **long hair** should be **tied back**, a **hat** should be worn if required, you carry a **water bottle** that is **full**, and you are carrying a **rain jacket** as well.