

SUGGESTED KIT LIST - VISIT TO GLARAMARA

The following equipment should be packed by participants in outdoor activity programmes run by the Glaramara Centre:

- Waterproof Jacket*
- Waterproof Trousers*
- Fleece or Sweat Shirt x 3
- Thermal Layers e.g. Helly Hansen
- Cotton T Shirts
- Boots*
- Trainers x2
- Old Trainers for Water Sports
- Thick Socks (Walking Type)
- Trackster type trousers or track suit bottoms (not jeans) x3
- Another set of Trackster type trousers or track suit bottoms (not jeans) for gorge walking/ghyll scrambling
- Spare Towel for outdoor use
- Spare clothes for changing after water sports
- Casual clothes for evening wear
- Hat and Gloves

* these are available for hire

Please note the longer you are here the more clothing you will need!! Water Sports generally result in wetness to some degree!!