



MENDIP KIT LISTS

Mendip, Lyncombe Drive, Churchill, North Somerset, BS25 5PQ

Call 01934 834 877, search www.mendip.me or email info@mendip.me



It is of **UTMOST IMPORTANCE** that our Kit List is adhered to. For your safety we will not permit anyone to take part in activities without the correct kit.

SNOWSPORTS

Our Snowsports centre is flood-lit and open year round. You need to dress appropriately for all weather conditions - bring plenty of layers and waterproofs as conditions can change drastically throughout the day.

SKIING AND SNOWBOARDING

- Long sleeves (lightweight material for summer)
- Long trousers
- Gloves
- Water proof jacket
- Warm layers

TOBOGGANING

- Long sleeves (lightweight material for summer)
- Long trousers
- Gloves
- Covered footwear (no sandals, flip flops or crocs)
- Water proof jacket
- Warm layers

REFRESHMENTS

We have vending facilities and a rooftop café-bar serving hot and cold drinks, snacks and a full menu of locally sourced, filling meals. Check www.mendip.me for full opening times.

DO

- ✓ Bring lots of layers, you may get cold
- ✓ Bring sun cream and a sun hat
- ✓ Bring a change of clothes, just in case
- ✓ bring old clothes, they may get torn
- ✓ Bring any medication you may need
- ✓ Bring snacks and plenty to drink
- ✓ Wear synthetic fibres like fleece or thermals
- ✓ Bring waterproofs

DON'T

- ✗ Wear Jeans
- ✗ Bring anything of value such as iPods etc.
- ✗ Wear jewellery
- ✗ Wear cotton where it can be avoided
- ✗ Bring anything that may get damaged



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CLIMBING AND ABSEILING

You will need to dress appropriately for all weather conditions - bring plenty of layers and waterproofs as conditions can change drastically throughout the day.

You will need shoes you can climb in. Trainers, walking boots even wellingtons are suitable. Sandals, flip flops and crocs are not appropriate.

We also recommend you bring a full spare set of clothes and footwear - so you have something warm, clean and dry to change into at the end of your activity.

CAVING

You will need to dress appropriately for all weather conditions - bring plenty of layers and waterproofs as conditions can change drastically throughout the day. The temperature in the cave is consistent but may feel cold in the summer.

- Long trousers
- Long sleeve top
- Walking boots or wellington boots
- Waterproofs
- Towel

We also recommend you bring a full spare set of clothes and footwear - so you have something warm, clean and dry to change into at the end of your activity.

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- ✓ Bring lots of layers, you may get cold
- ✓ Bring sun cream and a sun hat
- ✓ Bring a change of clothes, just in case
- ✓ bring old clothes, they may get muddy or torn
- ✓ Bring any medication you may need
- ✓ Bring snacks and plenty to drink
- ✓ Wear synthetic fibres like fleece or thermals
- ✓ Bring waterproofs

DON'T

- ✗ Wear Jeans
- ✗ Wear Crocs or flip flops to climb in
- ✗ Bring anything of value such as iPods etc.
- ✗ Wear jewellery
- ✗ Wear cotton where it can be avoided
- ✗ Bring anything that may get damaged
- ✗ Forget a towel - just in case!
- ✗ Forget you can never bring too many clothes



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WATER SPORTS

- Kayaking
- Canoeing
- Raft Building
- River Trips
- Sea Kayaking

With all the above activities there is a very good chance you will get very wet.

You will need to dress appropriately for all weather conditions - bring plenty of layers and waterproofs as conditions can change drastically throughout the day.

You will need shoes you can wear in the water. Crocs and flip flops are not suitable. Our instructor will not let you participate without suitable footwear.

You will need a towel and a full spare set of clothes and footwear - so you have something warm, clean and dry to change into at the end of your activity. You may need two changes of clothes depending on your programme.

If you are joining us for a day trip or a longer programme you will need extra layers that can be taken with you on the trip like a spare fleece and trousers. You will need lunch and plenty to drink. More information may be sent out to you depending on the nature of the trip.

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LAND SPORTS

- Assault Course
- Bridge Build
- Bush Craft
- Initiative Exercises
- Mountain Walking
- Navigation
- Orienteering
- Search and Rescue
- Team Development

You will need to dress appropriately for all weather conditions - bring plenty of layers and waterproofs as conditions can change drastically throughout the day.

There is a very good chance you will get muddy and wet. You will need comfortable shoes with good grip. Trainers, walking boots and wellingtons are great. Clogs and flip flops are not suitable.

You will need shoes you can wear in the water for both the assault course and bridge building activities.

We also recommend you bring a towel and a full spare set of clothes and footwear - so you have something warm, clean and dry to change into at the end of your activity.

For full day programmes and all walking activities you will need a small day bag to carry your lunch, drinks and spare clothes.

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Bush craft sessions with open fires will mean your clothes will get smoky.



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TARGET SPORTS

You will need to dress appropriately for all weather conditions - bring plenty of layers and waterproofs as conditions can change drastically throughout the day.

You will need a long sleeve top for archery.

We also recommend you bring a full spare set of clothes and footwear - so you have something warm, clean and dry to change into at the end of your activity.

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