BF Adventure
The Charity Core

KIT LIST

Your Adventure, Our Passion. Your Journey of Change.

Please bring with you clothing and kit suitable for activities in an outdoor environment. If you do not have some of the items on the list below please let us know as we may be able to lend equipment (boots/waterproofs).

Day and Evening Activities

- Wear clothes and shoes that can get dirty or wet
- Full change of clothes
- Sturdy shoes (No crocs, flip flops or open toe shoes)
- Swimwear and towel
- Separate shoes to wear for water activities (wetsuit boots or trainers)
- Packed lunch and plenty of juice or water (No fizzy drinks and no energy drinks)
- Waterproof coat / Wellington boots (weather dependant)
- Any medication (please inform instructor if carrying medication)
- Sun tan lotion (seasonal)
- Hat (seasonal)

Any questions? Call 01326 340912 or email enquiries@bfadventure.org