

Grenville House Outdoor Education Centre, Berry Head Road, Brixham, TQ5 9AF

Outdoor Activity Kit Guide

OUTDOOR ACTIVITY	Centre Kit	Personal kit	Recommended Items (Weather dependent)
<b>Raft Building, Canoeing, Kayaking, Pico Sailing, Coasteering, SUP</b>	5mm Winter Wetsuit Windproof Spray top Buoyancy aid Helmet Paddle (not for Picos) Neoprene Skull cap (If needed)	Swimming costume/Trunks Shorts - to wear over the wetsuit Trainers with laces – <b>NOT</b> Crocs or beach shoes	Sun cream – minimum SPF 15 Sun hat Drink Shower kit :- Shower gel, shampoo, and towel
<b>Power boating, RS Vision sailing</b>	Waterproof jacket and trousers Buoyancy aid	Warm clothes (No jeans) or Shorts, t-shirt, jumper Trainers with laces – <b>NOT</b> Crocs or beach shoes	
<b>Abseiling*, Climbing*, High Ropes*, Walking, Orienteering, Problem solving</b>	Helmet, Climbing harness Chest harness	Warm clothes (no jeans) Trainers or walking boots Waterproof jacket and trousers if needed	
<b>Caving</b>	Caving suit Helmet Head lamp Caving belt	Long sleeved top (very old!) Tracksuit/jogging trousers (very old!) Wellington boots	