

# **Black Rock Outdoors Ltd**

## **What is needed:**

**Caving**                Wear old clothes which are sufficiently loose so not to restrict movement. Footwear needs to be a pair of boots. Not trainers. Wellies are the ideal.

**Climbing and Ropes Courses**    Trainers are suitable. Again, loose clothing such as tracksuit bottoms and a sweat or rugby shirt. Other than that, dress for the weather with a waterproof top and sufficient warm clothing.

**Kayaking**                Expect to get wet. A complete change of clothing would be required. We supply a cag to go on top and have wetsuit booties available. Something warm and waterproof required, depending on the weather. Bring a towel.

**Mountain biking**        Suitable clothing required, depending on the weather. Trainers would be ideal but avoid long laces. Shorts can be suitable. Do not wear baggy trousers as they can become caught in the chain. Gloves should be worn to protect the hands in case of a fall.

**Archery**                Boots can be an advantage if the grass is wet.

**All activities**            Avoid wearing anything which could get caught up in equipment. This would include long hair (tied back), long earrings, necklaces, baggy tops and the like. Boots and trainers **must** be tied securely. No 'open toe' or 'slip on' shoes. Laces must be tight. Dress for the weather. Being wet and cold for a couple of hours or so is not that much fun. Jeans and other denim clothing are best avoided.

**Helmets**                These are worn for most activities. Please arrive with clean hair and ensure that helmets are worn at all times.

**Specialist equipment**        All specialist equipment will be provided. Coming equipped as above will make the experience more enjoyable.