

## **Kit List for all Participants attending sessions at HYMB**

- Warm old clothes (lots of layers to be worn on activities. If caving long sleeves and trousers)
- At least one complete change of clothes inc. underwear, socks etc.
- Old trainers/wet-shoes to be worn on activities
- Suitable spare trainers
- Towel
- Hat (woolly/sun, depending on time of year)
- Packed Lunch (if applicable)
- Waterproof jacket and trousers (can be supplied if not owned)
- Sun Cream (minimum SPF 15)
- A drinking bottle (can be refilled at any tap at HYMB)
- Any medication required and labelled with name.
- Any evidence of prior experience (if attending a training course)

**All safety equipment is provided by HYMB.**