



What to bring ...

Listed below are some essential items of personal clothing and some handy hints on additional personal gear. You may bring along any activity specific equipment you already own for example: climbing shoes, helmets, harnesses, cave suits, lights etc. Acclimatize will provide all necessary technical outdoor equipment.

Caving & Gorge Scramble

Old clothes ideally made up of
1 pair of wellington boots if owned
1 pair of thick socks, woollen or man made fibre.
1 pair of fleece trousers or tracksuit bottoms plus thermal layer if required.
Underwear ideally not cotton boxer shorts
Warm base layer long sleeved ideally not cotton.
Long sleeved mid layer, fleece or man made fibre.
Fleece jacket or thick jumper.
Marigold or similar washing up gloves, the thicker gauge the better or gardening gloves.
Warm close fitting hat or Balaclava.
A chocolate bar / power bar and an energy drink (lucozade sport in squashable format ideal).
Bin Bag / plastic bag for wet clothes after the trip.
Towel

Rock Climbing, Abseiling & Ropes Courses

Thin socks, or trainer socks
Loose fitting tracksuit pants or sports trousers, which allow good freedom of movement.
T shirt, thermal close fitting for colder days, baggy cotton ones for summer. Long sleeved T shirts are ideal.
Minimum of 1 fleece jacket / midlayer and a windproof / waterproof outer layer even in summer months.
Ideally additional spare warm clothing should always be taken including a pair of gloves a close fitting warm hat.
In the summer months insect repellent and sun cream are advised. A warm / cold drink and a packed lunch are recommended.

Rock Scrambling

Old, loose fitting full length clothes to prevent scrapes and scratches. See Rock Climbing

Canoeing & Raft Building

Old training shoes you don't mind getting wet. Wet suit socks / booties if owned.
Warm base layer, track suit pants or shorts
Pair of trunks or bathing costume
Fleece top for colder months.
Sun cream, sun block
Bin bag for wet clothes, towel and complete change of dry clothes including socks, shoes and under garments.
Flask / Warm drink.

Hill walking / Mountaineering / Expeditioning

Waterproofed Rucksack, maps, compass, GPS if owned, emergency equipment i.e bivouac bag, KISU, tents, stoves, methods of eating and heating, map pens, sleeping bags, ground mats, head torches, cooking pots,

Valuables

Acclimatize will not accept responsibility for any personal items on activities.
Valuables such as jewellery, mobile phones, may become severely damaged during activities and are therefore best left at home or taken off beforehand for these reasons.
It is the responsibility of each individual to ensure they carry any essential medications on their person. In adverse conditions we will supply a suitable watertight container for these items