

# Grendon Hall Activity Clothing

## What you need to bring, and what we provide

Activity	What we provide	What you need
<b>Abseiling</b>	Safety harness and helmet	Trainers or boots which fit securely, normal outdoor clothes
<b>Climbing</b>	Safety harness and helmet	Trainers or boots which fit securely, normal outdoor clothes
<b>Canoeing and Kayaking</b>	Windproof jacket, buoyancy aid, helmet. In cold weather, wetsuits are also used.	Swimming costume and/or clothes to get wet in, including shoes.
<b>Orienteering</b>		Normal outdoor clothes
<b>Raft Building</b>	Lifejacket and helmet	Swimming costume, and light clothing, which can get wet.
<b>Ropes Course</b>	Safety harness and helmet	Stout trainers or boots (it gets muddy), old clothes
<b>Swimming pool</b>		Swimming costume.
<b>White water Rafting</b>	Wetsuit, windproof jacket, buoyancy aid, helmet	Swimming costume, shirt and trainers, which will get wet, and must be securely fitting (no sandals).

- Shoes are required for all activities except swimming pool.
- Many of the activities can involve getting wet or muddy – be prepared to change completely afterwards. Bring a towel and complete change of clothes.
- Bring plastic bags for wet or dirty clothing. We do not have drying rooms.
- Showers are available after activities.
- The session times are normally two and a half hours, which includes the time to issue and return kit, and in the case of canoeing, kayaking and whitewater rafting, transport to and from the river. Shower and changing time should be added as appropriate.
- Normal outdoor clothing, particularly for climbing, abseiling and the ropes course, could be tracksuits, jogging pants, **not** jeans or other denim clothes. Multiple thin layers of clothing are the best way to provide warmth. Bulky clothing can cause problems with harnesses and ropes, and will soak up water in wet weather.

- You may need your own waterproofs in poor weather. These can be provided by Grendon if you do not have any.
- Many of the activities are dependent on the weather. Severe high winds can prevent activities from taking place, and cold, windy conditions can prevent canoeing and kayaking from taking place. Activities may be substituted for this reason.
- Tuck Shop is available at the discretion of the school staff – therefore if your child would like to bring some money to spend we would suggest no more than £2.00.