



KIT LIST:

- Sturdy outdoor shoes (that you don't mind getting wet and muddy)
- Long sleeve tops and trousers (appropriate to weather conditions)
- Towel & a change of clothes and footwear
- Hair bobbles (for those of you fortunate enough to have long hair)
- Sun cream (for when it's sunny outside)
- Hat, gloves & jacket (for those chilly days outside)
- Personal medication (if required)