**Gorge Walking Suggested Kit List**

The following is a suggested kit list:

* Swim wear
* Long sleeved top for under wetsuit
* Shorts or trousers to go over wetsuit (**NOT jeans**)
* Towel
* Spare set of clothes to get changed into after the session
* Footwear- ideally boots or old trainers with a thick pair of socks. (**NOT wellies**)
* Any personal medication

**Please ensure you have filled out the personal information form out and if you can fill in the size chart and send it back to us either on the form or in an email prior to the session that would be great.**

**Please note there are no facilities at this location.**

**All safety equipment is provided by Alfresco Adventures.**

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