



# Land Based Activities Gear List

## What to bring:

- Shorts or leggings (*Just above the knee for mountain biking, rock climbing*)
- Quick-dry/ active T-Shirt (*Not singlet*)
- Jumper/fleece
- Set of thermals in a waterproof bag (*day tramping only*)
- Rain Coat
- Closed in sneakers/ trainers (*need to have good tread and be robust. (Tramping boots for day tramping if you have them)*)
- Sun Hat
- Sunscreen
- Sunglasses
- Drink Bottle
- Lunch
- Medication (*i.e. inhaler if you are asthmatic*)
- Backpack (*ensure it is big enough and comfortable if doing a day walk, no shoulder bags/ satchels*)
- Towel (*optional*)
- A change of clothes in case you get wet/cold
- Plastic bags for putting wet/dirty things in

*Red writing is gear for specific activities. If you are not doing these activities, you can ignore the notes.*