

BRECON BEACONS ADVENTURE KIT LIST

We hope you are looking forward to your Acorn Adventure!

Here is a list of items we recommend you take with you 😊

Kit List

Sleeping Bag	Pillow
Toiletries	Towel
Swimwear	Underwear and Socks (at least two pairs per day)
Change of clothes for evenings	Nightclothes
Trousers/Tracksuits/Long Shorts	Fleece/warm jumper in case of cold weather
Plastic bags for wet/dirty clothes	Light waterproof jacket for warmer wet weather
Several pairs of trainers: You will need one for keeping dry, and at least one for activities. Crocs, wellies and sandals are not appropriate for activities.	
Wallet/Purse (spending money)	Small rucksack or bag
High factor suncream (50+)	Water bottle
Torch & spare batteries	Sun hat/cap
Tie on for glasses are necessary for activities	Insect repellent (just in case)

Wet Activities (Kata Kanu, Kayaking, Canoeing, Raft Building)

T-shirt (must cover past shoulders- no vests)	Long shorts (length, to the knee)
Full toe protection- wet shoes with a hard sole or old trainers	

Dry Activities (Zip Wire, High Ropes, Fencing, Bushcraft, Archery, Night Line, Climbing & Abseiling, Mission Impossible & Target Sports)

Long sleeved t-shirt (must cover past elbow- no vests)	Trousers or long shorts
Full toe protection- old trainers	

Optional

Single sheet/Mattress cover	Disposable camera (that you don't mind losing or getting damaged)
Waterproof Trousers	Pen and notepad

Important safety notes

- Acorn Adventure provides all specialist equipment for activities. Regulatory equipment, such as buoyancy aids and helmets, must be worn when supplied by the instructor. This applies to everyone, regardless of their level of experience.
- To guard against injury, closed shoes e.g. trainers, must be worn for all activities, including those that are water-based. Everyone will need to bring two pairs of footwear; one for wet and one for dry activities. An old pair of trainers is recommended for the water sports and walking boots or trainers for land based activities.
- Denim clothes, including jeans, may not be worn for water-based activities.
- **Jewellery (bracelets/bands/rings/ earrings etc) may cause injury and must therefore not be worn during activity sessions.**
- Please note: if you choose to bring valuables- mobiles, cameras etc... Acorn Adventure cannot be responsible for any damage or loss that may occur.