

## Outdoor Adventure Sports Equipment List

Your lessons will take place in a variety of settings INCLUDING OUTDOORS, it is vital that you have the correct equipment to facilitate learning and keep you and your peers safe.

### Indoors

Sports clothing – shorts or tracksuit bottoms, comfy t-shirt, sports jumper, trainers (waterproof jacket & trousers are also a good idea to have with you as we often take the opportunity to move learning activities outside whenever possible.)

Pens, pencils, note pad / paper, A4 folder (either ring binder or lever-arch) with page dividers, a selection of plastic punch-pockets.



### Land-Based Activities (mainly walking & climbing)

*We will provide technical equipment including climbing harnesses, helmets & maps*

Compass (marked with degrees) and Waterproof Map case

Walking boots (compulsory for walking / navigation activities)

Trainers are fine for access to most of the climbing venues that we use

Suitable leg-wear e.g. walking trousers, tracksuit bottoms – no jeans, no heavy cotton jogging bottoms

Top layers: Thermal base layer / non-cotton T-Shirt. Warm layer – Fleece / wool jumper (no heavy cotton hoodies). Warm Jacket – fleece or insulated jacket.

Waterproof Jacket with a hood.

Waterproof trousers.

Hat & Gloves

30-40l Rucksack

Hot / cold drinks, lunch & snacks.

Rock shoes (optional)

Head torch



## Water- Based Activities (mainly canoeing & kayaking)

We will provide Helmets & Buoyancy Aids.

Full length wetsuit (we have a small selection of these available, but given the current covid situation we recommend that all students have their own wetsuit.)

Trainers or wetsuit boots

Swimwear (for under the wetsuit)

Warm layers

Waterproof jacket (and trousers for canoeing)

Hat & Gloves

Hot / cold drinks, lunch & snacks.

Towel & bin-bag.



## Course Books

BTEC Sport Level 3 Book 1 & Book 2

