

## LLAIN ACTIVITY CENTRE

### SUGGESTED CLOTHING LIST

#### DAILY ACTIVITIES

With the nature of activities that are undertaken at Llain Activity Centre along with the changeable weather it is inevitable that clothes will get wet and muddy even if you are only here for the day. Therefore, we suggest that everyone bring **OLD** clothes. Llain accepts no responsibility for the loss or damage to any clothing worn on activities.

We advise that you bring the following for a day of multi activities at Llain:

COMPLETE SET OF CLOTHES FOR DRY ACTIVITIES – preferably no jeans.

DRY SHOES – sporty type, not slip on or heels.

COMPLETE SET OF CLOTHES FOR WET ACTIVITIES – participants need old trousers and long sleeved top for our adventure course.

WET SHOES - trainers are ideal, not wellies or slip ons.

SWIMMING COSTUME

TOWEL

If the weather forecast is bad we would suggest that you bring:

WATERPROOF JACKET

WELLINGTON BOOTS

If the weather forecast is for sunshine we would suggest that you bring:

SUN CREAM

SUN HAT

**Please ensure that ALL items of clothing are clearly marked with your name so that they can be easily identified.**

It would be useful to include a plastic bag for any wet clothes.

If you are staying for the full day you will require a **PACKED LUNCH** (unless other arrangements have been made)

Some activities may not be available if you do not have a change of clothes