

Day Trip Equipment List

- Please wear hiking gear or sports clothing (No cotton)
- Sea Boots (Wellies, hiking boots or old runners depending on the forecast)
- Sunglasses (Cheap as they go overboard!)
- Sun Cream
- Water
- Hat & Gloves (Cheap working gloves are great for pulling ropes)
- Bring a change of clothes & shoes to leave in the car
- Packed Lunch (Garage with Deli nearby if necessary)
- Your own lifejacket & wet gear if you have them