

**Get Out
Go Country!**
www.gogc.co.uk

KIT LIST & WHAT TO WEAR

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Activity categories covered by AALA include climbing, trekking and watersports

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GO WET? GO DRY? GO HIGH? CAN'T DECIDE?!

The one thing we can't control at Get Out – Go Country is the weather – so be prepared to face every season all in one day! Even if it is bright and sunny in the morning, things can change pretty quickly – it's always best to be over-prepared rather than caught short!

If you need any more specific advice on what to wear and what to bring for specific activities, please just ask!

GENERAL – ALL ACTIVITIES

- **Comfortable clothes** that you don't mind getting wet or dirty - layers of clothing are good.
- **Secure footwear** with good grip and ankle support.
- **Spare clothes** and footwear.
- Something to **tie your hair back** if it's long.
- **Waterproof** jacket and trousers.
- **Waterproof bag** for taking home wet / dirty kit.
- **Sun cream** and hat / cap.
- **Packed lunch** / snacks and drinks – please take home any packaging!

CANOEING / KAYAKING / RAFTING

As well as the above, please also consider:

- Towel
- Legs should be covered for improvised rafting to avoid splinters from planks.
- Footwear **must** be worn!

GORGE-WALKING

Be prepared to get **very** wet – all over!!

We provide:

- a wet suit
- a helmet
- a buoyancy aid
- a cagoule
- neoprene gloves and socks.

The socks are quite thick, so allow for this when choosing your footwear, which **must** have good grip and preferably have ankle support.

Don't forget your **packed lunch and a drink**, towel, a warm change of clothes for before and after the activity and spare footwear.

FAQ - WHAT TO WEAR UNDER A WET SUIT

Out of consideration for the next user, we prefer you to at least wear your 'undies'!!

Anything close-fitting and man-made is good eg swimwear, Lycra top (long sleeved top recommended in cold weather).

Please bring a pair of shorts to wear **over** the wet suit.

FOR ALL ACTIVITIES, PLEASE BRING A SENSE OF HUMOUR AND A NICE BIG SMILE!! ☺



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