



Kit List

Being correctly equipped for activities is essential for your safety and your enjoyment. You need to have a few changes of warm clothing, enough to change everyday. Bring clothes that you do not mind getting wet and muddy.

ESSENTIAL kit for OUTDOOR Activities

Old trainers for wet session
Another pair of trainers for land sessions
Long trousers – tracksuit, fleece and poly-cotton are great
Jeans are not suitable
Warm long-sleeved tops – fleece is best, or wool, acrylic or poly-cotton
Plenty of T-shirts
Two pairs of warm thick walking socks
Hat and gloves
Socks and Underwear
Walking boots (with ankle support and good tread)*
Waterproof jackets and trousers*
Torch/ headtorch – with spare batteries*
Bottle for drinking water (not glass)*

*We have a limited supply of these items should they be forgotten

ESSENTIAL personal kit

Torch/ Headtorch – with spare batteries
Wash kit and towels
Bottle for drinking water (not glass)
Sleeping bag (Tents only)
Towel
Rucksack

Clothes for general and indoor wear

Set of casual clothes and footwear
Nightwear
Extra underwear
Slipper or indoor shoes

Extras for summer

Sun cream
Insect Repellent (Please none containing DEET)
Shorts, sun cap/hat and shades

Optional Personal kit

Thermal underwear
Swimwear
Umbrella
Camera
Small change for shop
Wellington Boots

YMCA Lakeside is all about having adventures in the outdoors. We ask you to leave items such as computers, mobile phones, tablets, jewellery or any precious items which may not be covered by your insurance at home.

Part of the Fylde Coast YMCA

The YMCA is a Christian charity committed to helping young people at times of need, regardless of gender, race, ability or faith