



# CMC ADVENTURE

Enriching Outdoor Education

since 1966

## ACTIVITY INFORMATION

**ALL PARTICIPANTS MUST BRING RELEVANT MEDICATION (eg. asthma inhalers) WITH THEM ON SESSIONS. INSTRUCTORS WILL HAVE DRYBAGS TO KEEP MEDICATION DRY ON WET ACTIVITIES.**

**Morning Session: 9:30 – 12:45 pm** (please arrive by 9:15 am)

**Afternoon Session: 1:45 pm – 4:45 pm** (please arrive by (1:30 pm))

### What to wear/bring for each activity

#### **Gorge Walking – everything gets wet!**

- **Swimming shorts/costume** (to wear under wetsuit borrowed from CMC)
- **Trainers** (that will get wet, available from CMC if needed)
- **Jogging bottoms** (to wear over wetsuit)
- **Towel**
- **Dry clothes** (to change into afterwards)

#### **Rock Climbing – dry, unless raining!**

- **Trousers** (not shorts or jeans)
- **Trainers or boots** (without open toes)
- **Clothes suitable for the weather** (warm layers if cold)
- **Water proof jacket and trousers** (available from CMC if needed)
- **A drink and snacks if you wish**

#### **Kayaking / Sailing / Open Canoeing / Raft Building – you may get wet!**

- **Swimming shorts/costume** (to wear under everything)
- **Trainers** (that will get wet, available from CMC if needed)
- **Clothes to wear on the water** – fleece jumper (available from CMC if needed) jogging bottoms
- **Towel**
- **Dry clothes** (to change into afterwards)

#### **Stand Up Paddle Boarding – likely to get wet!**

- **Swimming shorts/costume** (to wear under wetsuit borrowed from CMC)
- **Trainers** (that will get wet, available from CMC if needed)
- **Towel**
- **Dry clothes** (to change into afterwards)

#### **All Day Mountain Walk – dry, unless raining!**

##### **What to wear:**

- **T-shirt** (not vest or strappy top as you'll be carrying a rucksack)
- **Fleece Jumper**
- **Walking trousers** (not jeans, lightweight trousers are still recommended in summer to reduce risk of ticks / sunburn / scratched legs etc.)
- **Walking boots** (available from CMC if needed)
- **Pair of full length thick socks** (two thin pairs if you don't have a thick pair)

##### **What to bring:**

- **Day rucksack** (available from CMC if needed)
- **Water bottle** (at least 1 litre)
- **Lunch and snacks**
- **Sun hat** (if hot)
- **Spare socks**
- **Spare warm layers** (eg. hat, gloves, fleece jumper)
- **Waterproof jacket and trousers** (available from CMC if needed)

**WE RECOMMEND THAT YOU WEAR AND BRING SUNSCREEN FOR ALL ACTIVITIES!**

**CMC will provide all the necessary safety and technical equipment for each session.**