



Buzzards Valley Adventure kit list

What to wear:

- Old clothes they can get mucky
- Jumper
- Comfortable trainers/boots
- Hair tie
- No jewellery

What to bring:

- Full reusable water bottle
- Snacks (& lunch for full day adventures)
- Waterproof coat (& trousers advised for Autumn & Winter)
- Full change of clothes, shoes & towel (for water activities only)
- Hat & gloves (weather dependent)
- Sun cream (weather dependent)
- Manners & smile
- Please leave expensive items at home
- Phones are not permitted.