

Rock and River Outdoor Pursuits



T. 01704 822644

E. bookings@rockandriver.co.uk
Cliffs Farm Activity Centre, Mawdesley, Lancashire, L40 2RL

W. www.rockandriver.co.uk

Rock and River Day Visit

What to bring with you:

- Complete change of clothes (including shoes)
- Medication (if required)
- Packed lunch (unless the group has booked catered food)
- Waterproof jacket
- Waterproof trousers (if you have them)
- Fleece Jacket
- Towel
- Sun cream and hat / winter hat and gloves
- Money for the shop
- Bin Bag (for wet clothes)

What to Wear:

- Tracksuit bottoms/leggings/shorts
- Thin layers (e.g. T-shirts etc)
- Fleece or Jumper
- Walking boots or trainers
- Watches can be worn for orienteering

Please do not wear:

- Welly Boots for water activities
- Jeans or Denim
- Woollen jumpers
- ANY Jewellery (e.g. ear rings, rings etc) (Watches are acceptable)

The majority of the above list depends on the time of year of your booking, please employ discretion.