



Rock and River Outdoor Pursuits

T. 01704 822644

E. info@rockandriver.co.uk

W. www.rockandriver.co.uk

Cliffs Farm, Wood Lane, Mawdesley, Lancashire, L40 2RL

Rock and River Kit List

What to bring with you:

Complete change of clothes (including shoes)
Medication (if required)
Refillable Drink Bottle
Waterproof jacket
Waterproof trousers (if you have them)
Warm Layer for example a fleece jacket
Towel
Sun cream and hat / winter hat and gloves
Money for the tuck shop if wanted (and / or café when open)
Bin Bag (for wet clothes)

What to Wear:

Tracksuit bottoms / leggings / shorts
Thin layers (e.g. T-shirts etc)
Fleece or Jumper
Trainers or walking boots

Please do not wear:

Hooded Tops / Hoodies
Welly Boots for water activities
Jeans or Denim
Woollen jumpers
Skirts
Jewellery (e.g. ear rings, rings, necklaces etc)
Cropped or short tops
Short shorts

Please prepare appropriately for the weather conditions and the time of year.