



# Elemental Outdoors

## Gorge Walking Kit

Weather in remote areas can be dynamic and sometimes extreme. Our instructors are knowledgeable and experienced to make the calls on routes and venues, which are subject to change in reaction to conditions on the day. We require you to have the correct equipment for the environment. We recommend lightweight equipment and avoiding packing any unnecessary equipment or belongings. Feel free to give us a message if you have any questions.

The “Essential Kit” is required at minimum. We can provide some of this equipment shown to the right hand side, although we suggest you bringing your own for comfort, which in turn will ensure you get the most out of the day. Please contact us via email at [admin@elementaloutdoors.co.uk](mailto:admin@elementaloutdoors.co.uk) or on +447890627422 if you do not have access to any items, at your earliest convenience. If we deem it unsafe to take you out in the equipment and clothing you have on the day, the activity will be either rebooked or cancelled.

Your Kit	We will provide
<p><b>Essential Kit (some of this can be added as an additional extra):</b></p> <ul style="list-style-type: none"><li>• Sturdy trainers, approach shoes or walking boots. Water shoes will only be acceptable if they are solid and sturdy. Choose shoes with a good grip.</li><li>• Warm socks</li><li>• Waterproofs (for wind chill)</li><li>• Warm clothing</li><li>• Plenty of water</li><li>• Snacks / Food</li></ul> <p><b>Optional Extras you may wish to bring:</b></p> <ul style="list-style-type: none"><li>• Flask / Hot drink</li></ul>	<ul style="list-style-type: none"><li>• Wet suits</li><li>• Helmets</li><li>• Our instructors will have first aid / safety equipment with them</li></ul>