

# What to Bring on Activity Sessions

Adventures at Delphi will run in RAIN or SHINE, so please be prepared.

Bring clothing and footwear that is suitable for hot, cool or rainy weather, plus a good sense of adventure!

## Water Activities

- ✓ Swim Wear
- ✓ Towel
- ✓ Water shoes or old runners that you don't mind getting wet
- ✓ A warm change of clothes for after the activity session

## Land Activities

- ✓ Comfortable Outdoor Clothing that is weather appropriate
- ✓ Rain jacket for wet weather
- ✓ Lightweight trousers & top - preferably synthetic fabrics to wick away moisture, keeping your body cool & dry!
- ✓ Comfortable footwear - Hiking Boots, old runners or closed toe shoes
- ✓ Insect repellent
- ✓ Sun screen for hot weather

All safety equipment & wetsuits are provided to you by Delphi. Changing facilities are available pre & post activity session.