



ROCK FROG OUTDOOR ACTIVITIES

Kit List A

Indoor Climbing Group Sessions

Clothing that covers elbows and knees and is easy to move in. jogging bottoms and sweat shirt or long sleeved T shirt is ideal.

- Trainers or plimsoles**
- Something to tie back long hair**
- No jewellery**
- No body piercings**
- Any medication you are taking and may need to take while climbing. Please note that indoor walls are very dusty environments and it is particularly important that asthmatics bring their pumps. Even if they do not have to use them frequently they may find they might need to use them in the environment of the climbing wall.**
- A bottle of water***
- A small snack (optional)***
- A camera (optional, 1 per group) Please note that you cannot take pictures and climb or manage ropes so the camera must be operated by someone not in a climbing group or we will advise of appropriate times to take pictures. Please complete a photography form for your group.**
- * N.B. If you are attending a Saturday Club Party Session snacks and squash are provided.**

Please make sure that you do not bring mobile phones or Ipods on to the wall area