

What to expect from your day at Bewl Water Outdoor Centre

You will be busy for the entire day with only a very short break for lunch. You will probably get wet and muddy but you will also have an amazing day, especially if you get completely involved, push your limits and try your hardest.

What you need to bring with you:

- The clothes you are wearing when you arrive – they need to be sufficient to keep you warm even if it pours with rain and the wind is blowing from the North Pole. Brrrr! Joggers and leggings are good choices – jeans can feel very uncomfortable when wet. Several thinner layers are usually better than one thick jumper.
- A waterproof coat
- Footwear that is suitable for being out in the countryside: you need something with a good grip, e.g. walking shoes or sturdy trainers.
- A packed lunch – no fizzy drinks or sweets – and a snack if you would like one.
- A water bottle that can be refilled
- A change of clothing – if you are going on the water you will get wet and you will need a change of clothes.
- A second pair of footwear that you can wear in the water and that will stay on your feet, e.g. beach shoes or an old pair of trainers (NOT wellies, crocs or flip flops)
- Any medication you might need
- Sun cream
- Swimwear and towel
- Hat (to keep the sun off if it is hot or to keep you warm if it is cold).
- A plastic bag for soggy, wet kit!

Please bear in mind that the water in the reservoir is always a little chilly, and that the weather can be a little variable. So when packing your bag remember 'better to take too much than too little'. Specialist equipment will be supplied (i.e. buoyancy aid, etc.).