



Activity Clothing Requirements

Items participants must provide

Outdoor Activities

- ❑ Strong sensible footwear is advised, preferably with ankle support. Walking boots and trainers are ideal. No open toed footwear or high heels.
- ❑ Long legged bottoms and tops are strongly recommended.
- ❑ A Waterproof/Windproof jacket is advisable though a limited supply is available from the One4all Group.
- ❑ In Winter conditions you may well become very muddy. Wellingtons and waterproof bottoms are advisable and wear warm clothing suitable for the duration of the activity.

Indoor Karting

- ❑ Strong sensible footwear is advised, preferably with ankle support. Walking boots and trainers are ideal. No open toed footwear or high heels.
- ❑ You will be wearing a full race suit for the activity, so light casual clothing should be worn underneath.
- ❑ In the Winter bring a warm jacket which can be worn over the top of the race suit when driving.
- ❑ You must not wear scarves or clothing which may cause an entrapment risk in machinery.

Water Activities

- Footwear-preferably soft soled trainers. Participation will not be permitted unless suitable footwear is worn.
- Swimming Costume.
- T-shirts to be worn under the wetsuits.
- Towels and a complete spare change of clothes. Don't forget the dry footwear!
- Shower Gel/ Shampoo etc.

BRING A COMPLETE SPARE CHANGE OF CLOTHES WITH YOU!

You may not be permitted to participate in the activity if your clothing is unsuitable. Please contact us should you have any queries.

Please be aware that any personal clothing may become wet and/or muddy. It is advisable not to wear glasses or contact lenses wherever possible. However, if essential please ensure glasses are secured.

The One4all Group does not accept responsibility for loss or damage to any personal property however-so caused. It is advised that no valuables are worn whilst participating in any activities. These may be a hazard or become lost or damaged.

Please advise your group of the above information.