

Kit List for Gorge Scrambling

Please bring the following as a minimum. If you are not sure about what to bring, then bring everything and choose at the gorge with our advice! It is hard to wear too much in a gorge but very easy to wear too little.

If you still have any questions then please do not hesitate to contact edward@earthlyedge.com
or 07787 153 208

- Any medication that you need or might need during the day
 - A completed enrolment form (if Earthly Edge does not already have it)
 - Cord or string to secure glasses. Or goggles if you wear contact lenses
 - Large towel
 - Footwear: Wellingtons should be your first choice, with hiking boots second and trainers (not thin, slip-on pumps) with a good thick traction sole third.
 - Warm socks
 - Swimming costume
 - 2 jumpers/fleeces. Wool, Acrylic, fleece as first (warmest) choice. Cotton hoody second.
 - Warm wooly hat
 - Old, baggy shorts (worn on the outside to protect the wetsuit)
 - Waterproof jacket/top that can be worn in the gorge
 - Money for car parking
 - Your own waterproof camera if you wish
 - A full change of clothes
 - Plastic bags for taking your wet kit home
 - Warm drink and energy food
 - A smile
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