

**Useful Information Form**

**Activity dates & times**

* Unless specific dates are stated within the activity criteria, our tuition of outdoor adventurous activities can be tailored to suit individual/groups needs at mutually convenient times between Adventure Nene Ltd and the client.

**Session arrival**

* All participants should aim to arrive at least **30 minutes** prior to the activity start time to register with the instructor.
* Make sure you know the address of the activity and allow plenty of travelling time from home to our sites.
* **Consent forms** must be completed by all participants prior to the start of the activity, these will be collected by the instructor on arrival.

**Equipment provided**

* Adventure Nene Ltd provides all specialist equipment for our customers – see below for what to bring with you on the day.

**What to bring**

* Packed lunch (including drink) and/or money (if café or vending machines are on site)
* **Water activities;** towel, old shoes, swimming trunks/costume, warm jumper, waterproof coat, suncream and hat. Spare set of clothes that you don’t mind getting wet!
* **Land activities;** appropriate outdoor clothing, suitable footwear (if trekking walking boots are required). Ideally don’t wear jeans.

**Please note: bring extra clothing and suitable waterproofs throughout the whole year!**