



**HAVEN BANKS**  
OUTDOOR EDUCATION CENTRE

# Haven Banks Outdoor Education Centre.



## Clothing & Kit List

The clothing and footwear used for activities is likely to get wet and/or dirty so please choose accordingly. In addition, please choose clothing appropriate to the weather conditions.

### What to bring:

- Loose warm/cool **comfortable clothing**, (not jeans) and/or shorts and T-shirt if the weather is warm
- A personal **wetsuit** can be worn if you have one for water-based activities. However, we might recommend these are not worn if the weather is particularly hot. Therefore, clothing which can be worn on the water should also be brought.  
  
Please be aware we only supply **wetsuits for windsurfing and coasteering sessions**. However, for a small additional fee wetsuits can be hired for other water based activities. If required, please request one well in advance of your visit.
- A lightweight anorak or cagoule – this will not only keep you dry but it will also keep the wind off.
- Footwear which can be worn on and off the water. **Bare feet are not permitted** on or off the water. Easily removed shoes are not ideal as they can fall off in water and could get lost. Training shoes are recommended for climbing, artificial caving, abseiling and all other land-based activities except caving.
- A towel and a full change of dry clothes and footwear for between and after activity sessions.
- A bin bag to carry wet clothes home in
- Individuals on whole day activities should bring sufficient spare clothes in case it rains or you get wet during the morning activity sessions.
- On hot sunny days please ensure you supply **plenty of sun cream, of a high factor and plenty of water to drink**, as well as a **sun hat**. The Centre has chilled drinks fountains available onsite.
- On colder days, **warmer clothes** which can be layered, **a warm hat, gloves and scarf** are advisable, as are warmer socks, a flask with a **hot drink and high energy foods** are also a good idea.

For **CAVING**, clothing is as above. **Wellington boots are essential**; these provide excellent grip and traction and also provide foot & ankle protection. Walking boots are acceptable, but should also be avoided. **Trainers are not considered an acceptable** form of footwear in the cave environment. They offer little in the way of either traction or foot/ankle protection. People wearing inappropriate footwear such as trainers, will not be allowed to participate in caving activities with the Centre. A very limited supply of wellington boots is available from the Centre; however please make prior arrangements for both availability and their use. It may also be a good idea to take a chocolate bar or other snack for those longer trips!

For **ROCK-CLIMBING** or **MOORLAND WALKING**, clothing again, as above. It is essential that **stout, comfortable boots are worn for walking**. **Trainers are acceptable for Climbing** and a **waterproof coat** and trousers (optional) should be brought for both activities. Crag and moorland environments are commonly colder than other activity venues. Please dress and prepare appropriately.

### PERSONAL PPE.

We recommend using the Centres own specialist equipment for all activities. However, If you would like to wear your own item of personal protective equipment such as a buoyancy aid, helmet or harness we will be required to inspect it closely prior to its use. Equipment should be in good condition and dated accordingly. We are unable to permit its use if it fails to conform to set standards.

### PERSONAL BELONGINGS:

The Centre has limited storage space and facilities for personal belongings. Individuals should only bring with them the items they will use whilst at the Centre. Although the Centre has group storage facilities, **the Centre cannot be held responsible for personal belongings** which may go missing. Therefore, valuable personal belongings must not be brought to the Centre and only bring what you require for the activities.

**INDOOR FACILITIES:** The Centre has plenty of comfortable indoor and outdoor areas for groups and individuals to take breaks and have their lunch. There are a chilled fresh water fountains on each floor of the Centre to fill water bottles and healthy and soft drinks and snack and confectionery vending machines on the first and second floors of the main building.

**LOST PROPERTY** The Centre accumulates a vast amount of **lost property** on a daily basis. The Centre therefore cannot guarantee that people's personal belongings left or lost at the Centre will be found. Unfortunately, the Centre cannot return any lost property via the post.

Please contact the Centre for more information if required.

Haven Banks Outdoor Education Centre,  
Haven Road,  
Exeter, Devon,  
EX2 8DP

Tel: 01392 400150

[www.haven-banks.co.uk](http://www.haven-banks.co.uk)

email: [info@haven-banks.co.uk](mailto:info@haven-banks.co.uk)