



WHAT TO WEAR/BRING



General:

Most sessions are active and may take place outdoors. Please ensure participants wear suitable sports clothing and footwear for the season. A rain jacket is recommended year-round.

After School Clubs:

- Suitable sports clothing and trainers
- Football Club: football boots and shin pads
- Summer: sun hat, sun cream, extra drink
- Rain coat/jacket

Home-Ed Multi-Sports:

- Shorts or tracksuit bottoms, t-shirt and trainers
- Sessions are usually indoors; advance notice will be given if outdoors
- All equipment provided (personal equipment welcome but brought at own risk)

Cricket Development Centre:

- All equipment provided
- Participants may bring their own bat
- Personal belongings are brought at own risk

Multi-Sports Holiday Camps:

- Suitable sports clothing and footwear
- Labelled packed lunch (no nut products)
- Labelled drinks bottle
- Summer: sun hat, sun cream, extra drink
- Rain coat/jacket