

## Personal Equipment Requirements

When taking part in any activities, it is **essential** that you remember to bring with you the correct '*Kit*' for your chosen activity.

Activity	Equipment Needed	
	Clients to Provide	Provided by Centre
Water Sports	Swimwear, Towel and Spare Trainers	Wetsuits, Buoyancy Aids, Helmets and Activity Equipment.
Powerboating	Warm clothes, Wellingtons or Spare Trainers	Waterproofs, Buoyancy Aids
Climbing / Crate Challenge	Loose comfortable clothing and Trainers.  * Skirts, Shoes and Large Boots are not recommended for climbing sessions	Helmets, Harnesses, Climbing Shoes where appropriate, and all safety gear.
Outdoor Activities	Warm / Waterproof clothing, change of footwear (old trainers or Wellingtons).  Conditions can be muddy and wet.  * Skirts and shoes are not recommended for outdoor sessions	Activity and safety equipment

### For All Sessions

Clients with long hair will be required to tie it back at the base of the neck; this allows our helmets to fit correctly.

It is recommended that clients who need to wear glasses for the activity bring a suitable means of securing them to their person.

It is requested that all clients use lockers provided at the centre to ensure the safe keeping and security of the centre. The centre cannot look after or be held responsible for any personal items.

**Lockers accept a £1 coin, which is returnable when items are collected.**

Any further queries or questions, please do not hesitate to contact the centre on 0161 877 7252.

All equipment used is CE approved and checked. The centre is AALA licensed and runs under AALA licensing regulations.

**Leisure IN Salford**