



**WILD WALES**



## WHAT TO BRING

Bring anything you like, anything that makes you feel happy, safe, warm and comfortable. The list below is for guidance only.



## SWIMMING

2 or 3 swimming costumes

Swim towel/s

Neoprene socks or swim shoes or old trainers

Any other personal swim kit you prefer to use;

a wetsuit, gloves, maybe a swim float

## NOT SWIMMING

A bag or pack with shoulder straps

Waterproof bag for wet kit

Sturdy trainers or walking boots

Warm hat and gloves for post swim chills

Waterproof coat - it is Wales after all

Sun cream and hat - it is Wales after all

A Water bottle and a thermos

## OTHER STUFF

Comfy clothes for yoga class

Comfy outdoor clothes and warm layers

Toiletries

Any Personal medication



[explorewildwales.co.uk](https://explorewildwales.co.uk)



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