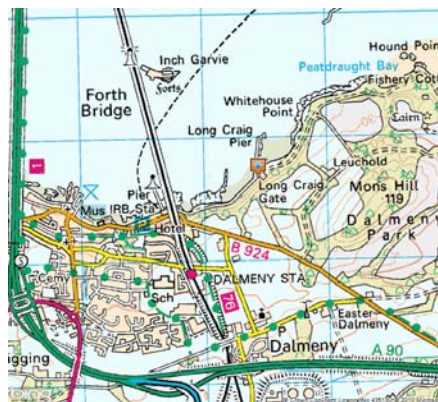




WHAT YOU NEED TO KNOW ABOUT YOUR VISIT TO LONGCRAIG

We have put together this flyer to assist you to prepare your group for their visit to Longcraig. Please copy it and hand to each group member.

- Our booking at Longcraig is
 - Date
 - Time
- Please arrive at Longcraig in good time
- The Centre has full changing facilities including toilets and hot showers which you are welcome to use. There is no additional charge for these facilities, however you are asked to ensure they are left clean and tidy at the end of your visit. There is also a Tuck Shop with a variety of sweets, drinks, badges etc.



WHAT YOU WILL NEED TO BRING WITH YOU

This section is very important, please read and remember.

- You **MUST** bring with you all the highlighted items.
- Please bear in mind that in any water activities you may get wet! Therefore please bring with you at least one **full change of clothing**, (including a change of **footwear**) and a **towel**. All participants will require a **set of waterproofs** to keep the wind and the spray at bay and must wear **soft-shoes**, e.g.: - Trainers, to protect against rocks and seashells. Walking boots are not permitted on the water. A **large plastic bag** is useful for taking home wet kit.
- For canoeing, please ensure you have enough clothing to keep warm e.g.: - Longcraig recommend **Tracksuit** tops and bottoms, Shorts and Tee shirts are not sufficient for Scottish summers! For sailing or cruising, you will need enough clothing to keep you warm. It is easier to take clothes off rather than find extra to put on! Remember a **hat** but not gloves which just get wet and make your hands cold.
- Longcraig provide buoyancy garments for everyone to wear on the water, and wet suits for all those boardsailing. They have a limited number of waterproofs for use when users own are inadequate, but please try and bring your own.



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