



Recommended attire for Abseiling and Sport Climbing:

Top: Comfortable loose fitting t-shirt or singlet

Bottom: Longs tights or track pants for easy movement

Footwear: Covered shoes e.g. running shoes; sneakers (sandals or toe revealing shoes are not recommended)

What to bring?

1. Water-bottle (250ml to 1 litre) - depending on individuals
2. Sun-visor; Cap; Hat (Optional)
3. Sunglasses (Optional)
4. Sunblock lotion (Optional)
5. Camera (Optional)



Recommended attire for Kayaking and Dragon Boating:

Top: Comfortable loose fitting t-shirt or Long sleeve for Protects from the sun's rays.

Bottom: Shorts, track pants or tights

Footwear: Covered shoes e.g. running shoes; sneakers; sea sport booties (sandals or toe revealing shoes are not recommended)

What to bring?

1. Water-bottle (250ml to 1 litre) - depending on individuals
2. Sun-visor; Cap; Hat
3. Sunglasses (Optional)
4. Sunblock lotion
5. Waterproof Camera (Optional)

** Please trim your long finger nails to avoid having injuries

** Avoid wearing any valuables - e.g. necklaces; finger rings