

Clothing/Equipment for Canyoning / Gorge Scrambling / Gorge Walking



We will provide wetsuits, harnesses, buoyancy aids and helmets. If you have your own wetsuit you are welcome to bring that along.

Footwear

You will need a pair of walking boots or grippy training shoes or well fitted wellies, which will obviously get wet. These need to have a good rugged grip.

Do not wear Astroturf dimpled style trainers which are unsuitable and dangerous. Flat plimsoll style soles are also unsuitable.

Clothing

You will need to wear a swimsuit under your wetsuit. In addition you should wear a base layer t-shirt such as a Helly Hansen top or similar, but not a cotton t-shirt.

We recommend baggy / surf style shorts to wear over the wetsuit.

In Spring and Autumn as days are cooler, we also recommend wearing a fleece top. We will provide a spray top to go over this.

No Jewelry or watches in the gorge.

Getting Changed

We get changed at our base in Betws-y-coed - see

<http://www.serenventures.com/ContactDetails.htm>

After the gorge session we will get changed either in the car park or back at our base, so towel essential for after and a bag for wet stuff too.

Client Discount

As a Seren Ventures client, you can avail of a discretionary 10% discount at the Ultimate Outdoors store in Betws-Y-Coed (www.ultimateoutdoors.co.uk) or the V12 store in Llanberis (www.v12outdoor.com).

See you Soon!