

# Activity Kit List

## Water Activities

Canoeing, Kayaking, Bell Boating,  
 Raft Building, Bridge Building

### WHAT TO WEAR:

- Comfortable clothes
- Old shoes you do not mind getting wet
- A waterproof coat

**Winter:** Gloves, hat, warm jumper/fleece,  
 waterproof coat

**Summer:** Hat, sun cream, cold drink

### WHAT TO BRING:

- A complete change of clothes, including shoes
- A towel and soap/shower gel

### DO NOT WEAR:

- Jeans
- Wellies
- Flip Flops or any shoes that will fall off
- Jewellery
- Skirts
- Just shorts or a T shirt in winter

## Land Activities

Air Rifles, Archery, Bushcraft,  
 Fencing, Orienteering, Team Building

### WHAT TO WEAR:

Trainers  
 Trousers  
 T shirt  
 Jumper  
 Waterproof coat  
 There is a chance of getting muddy

### DO NOT WEAR:

Shorts  
 Jewellery  
 Flip Flops  
 Skirts

N.B. Fencing requires long trousers, shorts are not permitted for this.

## High Ropes Activities

Abseiling, Aerial Trekking, Climbing,  
 Crate Stacking, High All Aboard,  
 Inclined Beam, Jacobs Ladder,  
 Leap of Faith, Powerfan, Zip Line

### WHAT TO WEAR:

- Trainers
- Jogging Bottoms or Leggings

**Winter:** Gloves, hat, warm jumper/fleece,  
 waterproof coat

**Summer:** Sun cream, cold drink, T-shirt

### DO NOT WEAR:

- Jeans
- Jewellery
- Vest tops/Strappy tops/Short tops
- Skirts
- Boots/Flip flops/Slip on shoes/high heels

## Notes for all activities

- Avoid loose clothing
- Extra warm clothing would be advised in colder weather due to waiting times
- Bring lots of Sun Cream on sunny days
- Remember soap and a towel
- Remove all jewellery
- Long hair must be tied back - please bring a hair band





# Leicester Outdoor Pursuits Centre

Leicester Outdoor Pursuits Centre is set on a 15 acre site next to the River Soar, making it the perfect place for a wide range of exciting activities available for all abilities and experience levels. All activities are run by fully qualified Instructors.

Our site is as accessible as possible. We have a hoist to enable people with reduced mobility to take part in water activities. We endeavour to be as flexible as possible to ensure your visit is highly enjoyable, and you want to come back again and again!

## How to find us

### Directions

#### From City Centre

- Follow signs for the A6 Loughborough.
- Where the A6 meets the ring road A563 take the exit onto A6030 Loughborough Rd.
- LOPC is the first turning on the left.

#### From the North

- Follow A6 Signposted City Centre.
- Where the A6 meets the ringroad A563 take the exit off the roundabout onto A6030 Loughborough Rd.
- LOPC is the first turning on the left.

#### From the West, East & South

- Join the ring road A563 until it meets the junction with the A6 Leicester / Loughborough Rd.
- Take the exit off the roundabout onto A6030 Loughborough Rd.
- LOPC is the first turning on the left.

### Travelling by Bus

Leicester Outdoor Pursuits Centre is served by two buses from Leicester City Center, the 126 & 127. Both stop just 100 metres away from LOPC.

The Timetable for the local bus services can be found by visiting our website.

