

Adventure + 11-14 ans - semaine 1

Mon	Tue	Wed	  	
Swim Test Test d'aisance Aquatique Swimwear, goggles (optional)	Canyoning Canyoning Hat, swimwear, water bottle	Climbing Escalade en salle Hat, trainers, water bottle		
Thu	Fri	NOTES		
Rafting Rafting Hat, trainers, swimwear, water bottle	Paddleboarding Paddle Hat, trainers, swimwear, water bottle	Comfy clothes suitable for activities (that can get dirty or wet) • A jumper or fleece depending on the weather conditions • Trainers or walking shoes (that can get dirty or wet) • A waterproof jacket • Vêtements qui ne craignent ni l'eau ni la boue • Sweat ou polaire selon la météo • Tennis ou chaussures de marche qui ne craignent ni l'eau ni la boue • K-way		