



Kit List for visiting Goblin Combe

Suggestions for suitable clothing to wear on a visit to Goblin Combe during the summer months

Walking boots or good shoes for walking in
Shower proof coat
Long trousers – preferably not jeans; they stay damp if they get wet.
Long sleeve shirt or long sleeved Tee shirt
Sun screen
Sun hat
Insect repellent
Small rucksack to carry packed lunch etc in
Bottle of water (plastic bottles only)
Packed lunch if required
Torch for evening activities

Suggestions for suitable clothing to wear on a visit to Goblin Combe the **winter** months

Walking boots or good shoes for walking in; possibly wellies
Long trousers – preferably not jeans; they stay damp if they get wet.
Waterproof coat
Waterproof trousers
Warm hat/gloves/scarf
Warm clothing – layers are best
Small rucksack to carry packed lunch etc in
Bottle of water (plastic bottles only)
Packed lunch if required
Torch for evening activities

Ticks

Ticks are present in our woodland. We have a duty to bring the presence of ticks to the attention of all groups visiting our woodland. Lyme disease can result from tick bites although this is very rare and we are not aware of any incidents of Lyme disease resulting from ticks picked up in our woodland. Please ensure you check yourselves thoroughly after your visit. For more information about ticks visit www.hpa.org.uk or www.lymediseaseaction.org.uk.

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