

## Essential Information for Low Tide Walks

### What to wear

No special clothes are needed for a Creek visit. But layers of old, warm clothes you don't mind getting dirty are recommended. You are unlikely to get wet but bring spare clothes if you are concerned. **Please note: there are no changing facilities at the centre, but there are public toilets.**

### We provide

- **Waders** (long wellies) from UK size 2 to size 13. If your feet are smaller bring extra socks to boost them up to size.
- **Waterproof jackets** to protect your clothes
- **Wading stick** essential for safe walking in the Creek

### Cold weather

- ☺ Do wear layers of old, warm clothes
- ☺ Don't wear skirts, as they are difficult to wear with waders
- ☺ Do wear a warm coat. We have waterproofs to cover your coat
- ☺ Do bring additional thick socks to keep your feet warm
- ☺ Bring gloves and wear a hat
- ☺ Avoid coats that are long (below knee), as they will dangle in the water

### Hot weather

- ☺ Wear sunscreen lotion
- ☺ Wear a hat with a brim
- ☺ Don't wear skirts, as they are difficult to wear with waders
- ☺ It can be breezy down the Creek. Bring an extra layer if you need it
- ☺ Do bring socks to wear inside the waders
- ☺ Bring a refillable bottle of water for drinking during your visit. (No water/ food allowed in the creek.)

**Valuables:** The building is locked during the low tide walk. Bags can be left in the Centre. Valuable items can be left in the office. You will be using a wading stick for balance so please keep hands free. Valuable items taken into the risk are done so at your own risk.

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### Terms and Conditions

There is a 2 week cancellation period for full refund. Please arrive 10 minutes prior to walk start to allow for registration and wading up.

**Photography/video/film:** By coming on the walk you agree to respect the privacy of others and if you are asked not to photograph others, you stop. You agree not to include any children in your images without the written permission of the adult responsible for them. (Photography for commercial use requires advance permission from the charity. A permission form can be requested from [info@creeksidecentre.org.uk](mailto:info@creeksidecentre.org.uk))

**Photography by the charity:** We will take pictures during the walk, which will include participants. For the purpose of promotion. If you do not wish to participate please speak to the guide before the walk.