

BMOE4005 **Ecology of Adventure**

Below are the groups for the next 2 weeks of practical sessions:

NAME	05/11/24	12/11/24
Lewis Ensor	MTB	Coasteering
Dylan Jones	MTB	Coasteering
Lucas Seers	MTB	Coasteering
Holly Walker	MTB	Coasteering
Gracie Fenn	MTB	Coasteering
Isabella Head-Bates	MTB	Coasteering
Nekorrah Katako	MTB	Coasteering
Shahadad Alam	MTB	Coasteering
NAME	05/11/24	12/11/24
Samuel Chamberlain	Coasteering	MTB
Liam Evans	Coasteering	MTB
Isobel Francis	Coasteering	MTB
Matthew Hilyer	Coasteering	MTB
Tim Speed	Coasteering	MTB
Mia Lancaster	Coasteering	MTB
Max Leech	Coasteering	MTB
Lauren Reynolds	Coasteering	MTB
Hedd Williams	Coasteering	MTB

MTB (Mountain Biking) – Please bring with you:

- Comfortable clothes to wear biking
- Spare layers appropriate to the weather forecast
- Packed lunch, snacks and drink
- Small bag to carry
- Full change of clothes and towel to change afterwards.

Coasteering – Please bring with you:

- Swimwear for underneath the wetsuit
- Over-shorts for on top of the wetsuit
- Water shoes (trainers) with good sole and laces
- Towel and warm cloths
- Packed lunch, snacks and drink