



Kayak/Canoe Kit list

Administration

- ☐ Payment / Voucher
- ☐ Medical Form

Food

- ☐ For day long courses a packed lunch and a minimum 1ltr of water will be needed. For shorter courses please bring a small snack and a minimum 1ltr of water.

Clothing

- ☐ Kayaking/Canoeing clothes. You've got to expect to get wet so a full change of clothes are necessary, including footwear (and underwear). Clothing should be suitable for the time of year. A wetsuit is best, if you don't have one then lots of thin layers should be worn, thin wool/fleecy tops are good. Please avoid cotton as it's a cold material. Do not wear jeans on your legs, when wet they become heavy, and rub on your skin, tracksuit bottoms are best.
- ☐ Waterproof jacket and trousers
- ☐ Extra jumper
- ☐ Gloves
- ☐ Towel

Accessories

- ☐ Sun cream
- ☐ Sun glasses
- ☐ Camera

Medication

- ☐ Tablets, Inhaler etc.

The above list is just a guide and appropriate clothing for the time of year should be worn. If you have any questions regarding kit please contact us before the event.