



Kayak/Canoe Kit list

Administration

- Payment / Voucher
- Medical Form

Food

- Packed lunch and a minimum or 1ltr of water

Clothing

- Full change of clothes to go kayaking/Canoeing in, including footwear, and underwear. Clothing should be suitable for the time of year*
- Waterproof jacket and trousers
- Extra jumper
- Warm hat / sun hat
- Gloves
- Towel

Accessories

- Sun screen
- 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)

*Clothing should comprise of several layers to trap warmth. Please do not wear denim as it restricts movement, is cold when wet and is slow to dry. You must wear footwear whilst kayaking (old trainers, plimsolls) please don't wear sandals.