

Kit List

The list below is a guide but it is essential that participants bring enough clothing to cope with the worst possible conditions even if the weather looks like it will be fine.

Canoeing

- **A change of clothes** including shoe.
- **Large plastic bag** for wet clothes
- **Towel**
- **Trainers** (old trainer which you don't mind getting wet and muddy)
- **Long thick socks**
- **Swimming costume / trunks**
- **Trousers** (tracksuit or similar) *not jeans*
- **Warm tops several layers** (best materials are fleeces, wool or thermals)
- **Waterproof Top & Trousers** (will be provided if you don't have your own)
- **Hat and gloves**
- **Sun cream and peaked hat** on sunny day
- **Personal medication** i.e. asthma inhalers
- **A Spare warm top**
- **Lunch**

- ❖ *Expensive items are best not taken on activities.*
- ❖ *It is a sensible precaution to carry any medication you use even if you have not needed it for a while as outdoor activities are outside the normal everyday experience of most people and without it you may jeopardise your own enjoyment.*