



## Kit List for Canoe / Kayak Trip



### Tips for your trip

#### To Wear:

- Old trainers or similar (something you can swim in and will stay on your feet)
- Waterproofs (at least an anorak in case it rains, ideally waterproof trousers too)
- Warm top (even in summer, if the sun goes in it can get cold)
- Warm trousers (avoid jeans if possible)
- Hat (in summer a baseball cap or similar and if cold a woolly hat)
- Gloves (in cold weather)

#### To take (dry barrel for canoeing/ dry bag for kayaking):

- Spare clothes
- Towel
- Drink (soft drink or water. For full day trips at least 1 litre per person)
- Food (biscuits etc are good. Try to avoid fresh items like chicken, fish etc that could spoil in the hot sun). We can supply ration packs if required.
- Any medication and allergy medicine (i.e. inhalers, epipens etc)
- Spare trainers or boots (for after the activity)

#### **We provide dry barrels/bags and dry bags so you can keep your spare kit dry.**

- ✓ *If possible avoid wearing wellington boots (difficult to swim in).*
- ✓ *If you wear glasses it's a good idea to tie some string to them.*
- ✓ *If it's summer, then sun screen is a good idea.*
- ✓ *Avoid taking expensive electronic devices or jewellery in the canoe.*
- ✓ *There is limited room in a kayak to put KIT in so think carefully what you want to take.*

**If you are unsure please don't hesitate to ask!**

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