



Kayaking kit list

What to wear:

- Old clothes they can get mucky
- Waterproof (& jumper weather dependant)
- Comfortable trainers/boots/wet shoes
- Hair tie
- No jewellery

What to bring:

- Full reusable water bottle
- Waterproof coat (& trousers advised for Autumn & Winter)
- Full change of clothes, shoes & towel (to be kept in car)
- Hat & gloves (weather dependent)
- Sun cream (weather dependent)
- Card or cash (Pub n Paddle trips)
- Manners & smile
- Please leave expensive items at home