



Canoe, Kayak & SUP – Personal Equipment



WET KIT

(clothing you don't mind getting wet)

- Tracksuit Bottoms / Shorts *(not jeans)*
 - T-Shirt / Jumper
 - Wetsuit *(if you have one)*
- Footwear *(solid sole & non-bulky)*
- Strap for Glasses *(if applicable)*
- Waterproof Coat/Trousers *

Suitable footwear must be worn at all times



DRY KIT

(to keep warm and dry after water activities)

- Towel
- Trousers
- T-Shirt / Jumper
- Footwear
- Hat
- Suntan Lotion *

Clothing suitable for seasonal conditions



FOOD & DRINK

(to keep you hydrated and full of energy)

- Water
- Hot Drink
- Sandwiches
- Crisps
- Chocolate Bars

Food & drink suitable for the activity



PADDLING EQUIPMENT

(provided by WAC)

- Canoe / Kayak
- Paddle
- Personal Floatation Device *(PFD)*
- .Helmet
- Spray Deck *(if trained)*

PFDs & Helmets must be worn at all times

This list covers the basic equipment that you will be expected to bring with you for a canoeing/kayaking session, it is by no means exhaustive! Please use a commonsense approach when selecting your personal equipment to suit the type and duration of activity as well as the weather conditions. If in doubt... ASK!

**Weather dependent*