WATER ACTIVITY CENTRE

Canoe, Kayak & SUP – Personal Equipment

WET KIT

(clothing you don't mind getting wet)

- Lightweight Tracksuit Bottoms / Shorts *(not jeans)*
- T-Shirt / Jumper
- Wetsuit *(if you have one)*
- *Old trainers/wet shoes (no sliders/crocs)*
- 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/Paddleboard
- 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**