

Kayak / Canoe Course Clothing and Equipment List

Casual clothes

Bag to contain all of the below

Spare shoes/wet suit boots

Waterproof jacket and trousers* (although walkers have priority)

Fleece, hat and gloves

Swimming costume

Towel

“Clothes for getting wet in”

Wet suit if you have one * see below

Spare warm clothes

Plastic bags (carrier and bin bags)

Personal First Aid Kit and medication

Note book and pencil

Survival bag

Flask of hot drink

Water bottle

Small amount of spending money

For Camping

Sleeping mat *

Sleeping bag *

Stove and fuel *

Mug *

KFS and bowl

Tent *

Dry Bag/barrel *

Length of para-cord or washing line

6-8 clothes pegs

Equipment Provided

Wet suit (if required)

Cagoule

Salopettes

PFD

Paddles

Helmets

Spray decks

Boats

All throw lines and safety equipment

(* Available from stores)