

## **What to Wear and Bring**

For taster and introductory canoe or kayak courses, please bring the following:

**In warm weather:** Basic sports wear e.g. shorts and t shirt. It's sensible to bring a spare fleece top just in case it gets colder than expected. On hot days don't forget sun screen, and a sun hat is a good idea.

**If it's cold/rainy:** We have wetsuits that you can wear, you will need to bring a swimsuit to wear underneath. Wetsuits are compulsory when you are taking part in a SUP session. We also have waterproofs that can be worn over jogging bottoms and a fleece top. (Jeans and hoodies are unsuitable, as they hold a lot of water). A warm hat is a good idea for cold days. Waterproofs are useful if you have them.

**You must wear footwear:** Old trainers, sandals, or beach shoes. They must stay on in the water, so flip-flops and crocs are unsuitable.

**A towel and a complete change of clothing (and shoes) are required for everyone!**  
Also it's handy to bring a carrier bag or two, to put wet clothes/shoes into after the session

If you have your own wetsuit you can bring that with you.

We have changing rooms and shower/toilet facilities to warm up after paddling!

### **Extras**

It may be worth bringing a snack and drink, or there are plenty of local cafés to visit.

If you wear glasses or sun-glasses, we suggest you secure them. Neoprene spec-bands are available to buy for a few pounds from a variety of online companies.

If you have any questions please get in touch!