

Kit list for water activities

Items we can supply

Kayak/canoe

Paddle

Buoyancy aid (Life jacket)

Canoe jacket

Spray deck

Items for you to bring

Trainers or other suitable footwear you don't mind getting wet

Tracksuit trousers or something similar (not jeans)

Warm top e.g. fleece

Spare clothes

Hat

Gloves

Towel