

Equipment and Clothing

Equipment you need to bring for day trips:

- A set of clothes to paddle in
- Water proof trousers
- A change of clothes – to put on after your days paddling
- Footwear to get wet (sandals or old trainers are fine)
- Sunscreen & sun hat
- Packed lunch and a drink

Equipment you will need to bring on overnight trips:

- Sleeping Bag
- Tent and Sleeping mat (we can provide these if required)
- 3 sets of warm clothing (fleeeces,thermals etc).
— *A set for Day 1 and 2, and a dry set for camp...*
- A camp stove (we can provide these if required)
- Plenty of food and water
- Waterproof jacket and trousers
- Footwear to get wet (sandals or old trainers are fine) and a dry pair for camp
- A warm hat
- Sunscreen & sun hat

Intermediate, advanced and BCU courses:

We recommend that experienced paddlers bring as much of their own equipment as possible, but we can provide any technical kit that you don't already own.

- Gag and dry trousers or dry suit
- Buoyancy aid (PDF)
- Wetsuit boots or kayak boots
- Sea kayak towline
- Torch and light sticks
- Marine knife
- Whistle
- First aid kit
- Sea kayak repair kit
- VHF radio
- Personal flares

Remember... Sea Kayaks are designed to be able to carry heavy loads with minimal or no extra effort to the paddler and there is plenty of storage space. So unlike a walking or cycling trip please feel free to bring whatever you need to be comfortable for the day! (e.g. bring lots of warm clothes just in case the weather turns cold!)