

Recommended paddling kit for trial trip –

Kayak, paddle, buoyancy aid

Wetsuit and/or comfortable warm layers

i.e. thermal / fleece layers or other quick drying materials. Do not wear cotton.

Light waterproof jacket and trousers

Old pair of trainers or neoprene shoes /boots and warm socks.

Hat to keep head warm and dry

When it's sunny, a pair of sunglasses or a peaked cap is often useful to keep the sun out of your eyes, as there can sometimes be a lot of glare off the water

Dry bag with change of warm clothes, plus a drink and snack - to be carried in kayak.

Warm clothes to change into when you come off the water, including hat and gloves

Towel

If you have any questions, please contact trip leader in advance: kayakshack@ymail.com