

Accompanying this presentation is a kit list below:

Suggested Kit List

- T-Shirts
- Jumpers/Sweatshirts
- Trousers (not jeans for watersports)
- Underwear/socks
- Shorts
- Swimming Costume
- Waterproof coat
- Hat/gloves
- Outdoor Shoes – probably two pairs!(to get wet and muddy)
- Indoor shoes (to wear around building)

It can be cold on the water and several thin layers are warmer than one thick layer.

We also have a selection of waterproofs to lend if needed.

- Water Bottle
- Wash kit
- Sun Cream
- Sun Hat
- Towels – ALL BEDDING IS PROVIDED
- Carrier/ bin bags for taking wet/dirty clothing home