

### **Kit List**

**Please ensure all parents / guardians of those wanting to take part are issued with this information: -**

**Please Bring with you for the session**

Clothing that CAN get wet!
Shoes that fit and do not fall off, wetsuit boots are ideal but not a necessity, shoes need to have thick enough soles to stop sticks & stones puncturing the material.
Trousers, NOT JEANS, tracksuit trousers or light walking trousers are fine, a wet suit is ideal but not a necessity.
A long sleeve top, polyester or Lycra has good thermal properties and dries quickly, a wet suit is ideal but not a necessity, an extra layer e.g., Polyester fleece.
A wind proof top, cagoule or light plastic mac is good, a water sport cag is ideal but not a necessity.

### **What to Bring for After the Session**

Towel
A complete change of clothing
A warm fleece
A hat, bobble hats, beanies, or a hooded fleece is great.
Snacks
Cereal bars are a great snack to boost and sustain energy.
A warm drink is great to get the body back to temperature, but fruit juices are often better.
Chocolate – It makes everybody happy! (If shared)

**Please also ensure any cuts or abrasions are suitably covered to minimise contact with water borne bacteria and diseases.**

The Introduction to Canoe / Kayak session covers basic skills only. As such my aims are for your child to have fun in a safe but challenging environment, but a lot of energy is expended in new and challenging environments, water is a great conductor and feeling cold is common even on sunny days. The kit list is there as guidance, but bringing these things will ensure any environmental discomforts of the session are kept at a minimum.

However, water sports have inherent risks, and you should be aware of the water safety guide issued by the Guide / Scout association, please read the abridged version referring to water quality hazards.

**Canoeing and Kayaking are “Assumed risk.”**

**“Water contact sports,” may carry attendant risks.**

**Participants should be aware of and accept these risks and be responsible for their own action and involvement.**