



SEA KAYAKING SAFETY

Your booking and payment has already been confirmed by email – please note the following information for your convenience.

Programme Venue:

Alton Water Sports Centre

Holbrook Road

Stutton

Suffolk

IP9 2RY

01473 – 328 408

<http://www.altonwater.co.uk>

Start Time: 10am

Finish Time: 3pm as required (flexible)

To Bring (Optional):

- ❖ Sandals
- ❖ Sun cream & glasses
- ❖ Packed lunch
- ❖ Money for cafeteria
- ❖ Towel & change of clothes

To Bring (Compulsory)

- ❖ Light weight warm clothing that can get wet
- ❖ Cap/beanie
- ❖ Fleece
- ❖ Energy food i.e. chocolate, dried fruit, fresh fruit, condensed milk et cetera
- ❖ 1 litre bottle of water/juice/coke each

Avoid

- ❖ Denims
- ❖ Cotton shirts
- ❖ Any type of heavy boot
- ❖ Jewellery
- ❖ Drinking alcohol 24 hours prior to paddle

Recommended

- ❖ Good breakfast on the morning of the programme
- ❖ Pen and paper to take notes

Facilities on Site

Customers have secure parking as well as changing facilities and hot showers. There is also a small cafeteria on site providing hot and cold drinks and basic hot food.

Paddlers should use their own boat wherever possible as well as buoyancy aid and paddle and safety equipment such as tow line and bilge pump. NOMAD will supply this as needed, please let your guide know prior to the programme should you wish to do so.



PLEASE NOTE

Sea kayaking is an outdoor sport and by its very nature exposes paddlers at its worst to strong currents, wind and choppy water as well as potentially very cold conditions. The nature of this programme dictates that we paddle in most conditions. You will get wet, please come prepared. NOMAD Sea Kayaking cannot take responsibility for any injuries sustained prior to, whilst paddling and/or on completion of a trip/tour (Please see our terms and conditions available in "DOWNLOADS" in the main menu.

Equipment

All kayaks and associated equipment is the sole responsibility of the paddler using the equipment and the paddler is responsible for unloading and loading the gear & kayaks they'll be using. We do not provide 'outsize' buoyancy aids and/or kayaks and paddles. Paddlers are also responsible for any damage and/or loss of the kayak and associated equipment that belongs to NOMAD Sea kayaking.

Please feel free to ring our office on local call rate **0845 – 872 48 68** should you have any further questions at all.

We look forward to meeting you on the day for a great kayaking experience!!

