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# s e a | k a y a k i n g

## **Guideline Kit List – NIGHT TRIP - Evening**

**\*Fields marked in red are compulsory**

### **Supplied:**

1. Sit-on-top, single (double for couples as required).
2. Buoyancy aid each x1
3. Paddle each x1

### **Essential:**

1. Layered clothes – no cotton or denim! Wetsuits are not used for paddling.
2. Extra warm clothing, hat and head torch.
3. Hat, cap or beanie, wet booties or sandals that can get wet.
4. Sunscreen, sunglasses & hat (as required).
5. Snacks for on the water and at least one (1) litre bottle of water/drink per day minimum.
6. Packed lunch & hot drink.
7. Dry bags or bin bags for gear storage and refuse.
8. Change of clothes.

**\*\*BANNED\*\* - Wet wipes of any kind!**

Please notify **NOMAD Sea Kayaking** of any of the following as soon as possible;

1. Any and all medical conditions i.e. asthma, food allergies, 'other' allergies, hearing, eye site, muscle problems, shoulder injuries, previous dislocated shoulders etc.
2. Skills/qualifications i.e. first aider, nurse/doctor, previous paddling experience etc.
3. Any phobias i.e. deep water, sharks, spiders, dark, claustrophobia etc.
4. Please take ALL REFUSE with you or dispose in the bins provided.

