



Guideline general KIT LIST for all water based events

*Fields marked in red are mandatory.

Equipment/Clothing Needed

Common sense and your discretion goes a long way here but if in doubt please get in touch with us and ask well before your event;

- *Light weight clothing that can get wet – layer your clothing for warmth & ‘venting’ for cooling. Synthetics and wool work well – **avoid all denim and cotton clothing.**
- Sturdy ‘Wet’ footwear with warm socks (wool works well).
- Cap/beanie & sun protection including sun glasses.
- Fleece/warm layers (for the beach stop).
- Energy food i.e. chocolate, dried fruit, fresh fruit, condensed milk et cetera at your discretion and according to personal taste.
- Minimum of 1 litre bottle of drinking water/juice/coke each.
- Large polythene bag or black bin bag for refuse

Avoid

- **Denim of any kind**
- **Cotton of any kind**
- Any type of heavy boot
- Jewellery
- Drinking alcohol 24 hours prior to paddle

Note: Please leave electronics at home OR ensure you fully waterproof your items. The more expensive the item, the quicker it sinks and the deeper the water!

Recommended

- Good breakfast on the morning of the trip

Please note that 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 cold conditions. 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.

Essential:

1. **Avoid** all cotton and denim!!
2. Wetsuits are not used for paddling distance but are suitable for COURSES.
3. *If not using a wetsuit please layer your clothing using synthetics and wool in particular.
2. *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 or money for café.
7. Dry bags or bin bags for gear storage and refuse.
8. Change of clothes and toiletries should you wish to shower afterwards.



****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 and/or disabilities i.e. asthma, food allergies, 'other' allergies, hearing, eye site, muscle problems, shoulder injuries, previous dislocated shoulders et cetera.
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. Any disabilities.

*Please take **ALL REFUSE** with you or dispose in the bins provided.

Please feel free to ring our office on **01473 - 375 026** should you have any questions.

We look forward to welcoming you and developing your skills!!

