



## ST OSYTH (ESSEX) OVERNIGHT WILD CAMPING TRIP - Trip Details

**Trip Set Off Point: Brightlingsea Sailing Club, Brightlingsea, Essex.** The venue address and post code will be listed in your confirmation email as well as guidance on what clothing to wear and bring with you.

**Launch Time:** Approximately 11am (This is a guideline launch time for booking purposes. The actual launch time will be confirmed a few days prior to the event dependant on the tides on the day of the trip).

**Finish Point:** Brightlingsea Sailing Club, Brightlingsea, Essex.

**Finish Time:** Approximately 3pm on Sunday

**Weather Remit:** Wind maximum of **15 knots** steady and/or **gusts to 20 knots**. The trip will be rescheduled if the wind exceeds this limit. Rain, snow and other conditions don't generally affect our ability on the water. This is at the discretion of your coach and/or the Operations Director.

**To Bring: Please refer** to 'Kit List' listed under 'Important Information' on the booking page. We recommend you bring along any dry bags you may have or alternatively thick bin bags to keep gear dry.

### 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

### Personal Hygiene and Toilet

**Please refer** to 'Wild Camping' listed under 'Important Information' on the booking page. Please visit the toilet before launch.

### Fitness

Be aware - we do have some requirements for paddlers to complete the trip in relative comfort taking into account the nature of the activity. We don't paddle long distances but conditions can sometimes be challenging for some paddlers, particularly when taking into account wind and swell if there is any. We reserve the right to refuse launch to any paddler not meeting these requirements without any refund/s. Please ring our office if you have any doubts at all.

**Please refer** to 'General Guidelines' listed under 'Important Information' on the booking page.

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 event dictates that we paddle in reasonably good conditions. You may 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 on our website, bottom of page).



### **Equipment**

All kayaks and associated equipment is the sole responsibility of the paddler using the equipment and the guest is responsible for unloading and loading the gear & kayaks they will be using.' We do not offer outsized buoyancy aids, kayaks and paddles. Paddlers are responsible for any damage and/or loss of the kayak and associated equipment that belongs to NOMAD Sea Kayaking.

### **General**

**Alcohol consumption** is **ONLY** allowed with the express knowledge (and guidance) of the Lead Guide and only when off the water and in camp in the evening i.e. after 6pm. Excessive consumption of alcohol is not permitted. For the safety of our staff and guests, we reserve the right to 'bale out' any guest/s who does not respect these rules – there will be no refund/s. Please ring our office if you have any doubts at all.

### **Beach Cleans**

All guests are asked to participate in a beach clean of any beach we land on during your event, usually at our lunch break. There is the odd exception for courses where students are doing strenuous training and need to rest during their break. We ask our guests to bring along a strong bin bag and gloves (if they need them) to help us with the beach clean. We all use the environment and we want to take care of it for future visitors and the marine wildlife that live there.

**Guests only need two things;** a good attitude towards the outdoors (engage with whatever the experience may offer) AND to 'put out' when conditions require you to do so. After all, we can't paddle for you and it's up to YOU to crack on! Whingers need not book!

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

**We look forward to welcoming you for the adventure of your year!!**

