



## Night Kayaking Trip – Trip Details

**Trip Set Off Point:** Bristol Pub, Shotley, Suffolk – alternative launch locations are used and your Lead Guide will inform you of the confirmed launch location one week before the scheduled launch date; this is to accommodate weather, tide and logistics. 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.

**Guideline Launch Time:** Approximately 30 mins before sunset (The exact launch time will be provided closer to the date of launch based on the sunset time for that evening).

**Finish Point:** As confirmed one week prior to your scheduled launch date.

**Finish Time:** Approximately 2-3 hours after launch dependant on the group for that evening.

**Weather Remit:** Wind maximum of **15 knots** with no gusts. The course 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:** A packed meal, lots of snacks to eat whilst paddling and at least a litre of drinking fluid, warm if preferred. Also bring extra warm clothing and a hat and head torch/hand torch. Your confirmation email will have further detail on what type of clothing to wear and what to bring along on the day. We recommend you bring along any dry bags you may have or alternatively thick bin bags to keep gear dry.

### Avoid

- ALL DENIM material items
- ALL COTTON material items
- 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. This guidance is relevant for all day trips and courses. Visit the toilet before launching.

### 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.



### **Fitness Continued**

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 **NOT PERMITTED** under any circumstances before or during the event. 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.

**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!!**

