



Thank you for your booking; you have already received your booking reference number by email to use should you have any questions or queries.

All of the information you need regarding your event is right here on our website so please **make a note of your launch time** & recommended time of arrival & read the accompanying guidelines which covers everything you need to know for your event. If you have any questions at all, please **avoid email** where possible as sometimes we won't be able to reply as promptly as we'd like due to the amount of work we have; a telephone call will be answered straight away & you'll get to speak to one of our experienced paddlers for first hand, expert help.

General Advice - For all Trips, Courses & Wild Camps

Recommended to bring; common sense & 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. Breathable synthetics & wool work well – **avoid all denim and cotton** clothing.
- Sturdy 'Wet' footwear with warm socks (wool works well).
- **READ** our online Blog article regarding 'layering system' for more guidance or contact us & we'll help.
- 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 & according to personal taste.
- Minimum of 1 litre bottle of drinking water/juice/coke.

Avoid

- Denim
- Cotton tops or trousers/leggings
- Any type of heavy boot.
- Jewellery
- Drinking alcohol 24 hours prior to paddle.

For Trips

- Arrive at least **one (1) hour before** your scheduled launch time.
- Please do not be late, your Guides are unable to wait for you due to the tides.
- Please read all the available FAQ's on this website & the attached information so you know exactly what to expect.
- It is very likely you will get wet/sweaty/smelly/itchy/tired/achy/chilly, any combination thereof OR the entire lot. It is what it is!
- Remember, you volunteered for this so come prepared.



For Trips Continued ...

- Your Guides are well trained, experienced, full time professionals & know what they are doing. Work with them & remember that the Lead Guide 'carries the can' & has ultimate authority on any event. He/she can refuse entry or remove any guest from any event should anyone be deemed unsafe to themselves, the guest and/or the guides.
- Please ensure that you bring change for any Pay & Display car parking you may use. Some of our launch locations have free parking & some don't.

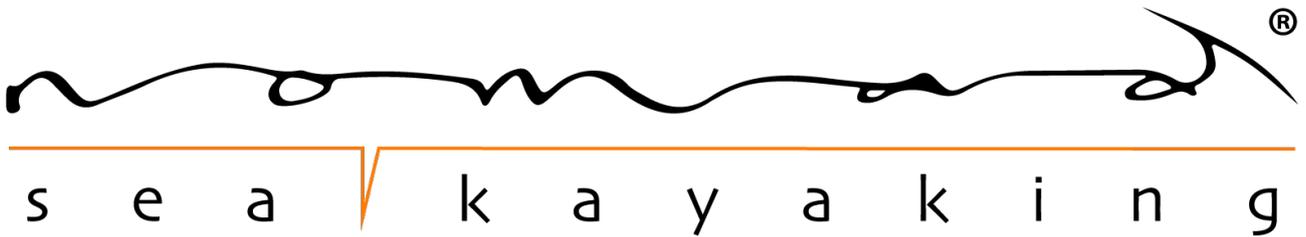
No skills or particular fitness are needed but be realistic & honest about your ability to sit in a kayak & paddle for a few hours. Engage with the activity & be positive. You will have a fantastic experience to remember.

For Courses

- Same as for 'Trips' plus ...
- Ensure your course is at the correct level for you. Although our coaches will accommodate different skill levels as much as possible, there are limits to this & students must take responsibility for themselves & make every effort to generally keep up with the group.
- Where students provide their own equipment, ensure your gear is fully functional, safe & that you meet any minimum requirements for your specific course. **NOMAD Sea Kayaking** can loan some items of equipment such as tow systems or spraydecks. Should you not have a required item please ask well in advance of your course.
- There is no such thing as a 'stupid question'; you'll probably find that if you ask, everyone else was thinking the same thing so maximise your experience & ask away as much as you can, whenever you can. Your coach/s love what they do & want to see their students benefit & progress; they are only too happy to help anyway they can.
- If you use your own kayak, we **DO NOT** work with any type of inflatable kayak.
- If you use your own touring kayak, we recommend your kayak is fitted with watertight bulkheads both fore & aft for ease of recovery.

Wild Camp Weekends

- Same as for 'Trips' plus ...
- Ensure you are clear on what to expect if you are an '**all inclusive**' guest & bring along snacks & drinks to your taste to fill any gaps there may be for your particular needs.



- **Wild Camp Weekends Continued ...**

There may be a number of activities taking place over the weekend from visiting an old Martello tower to filtering water, swimming, sun bathing & paddling. You don't have to join in or attend everything. Simply choose what you want to do, this is your experience & we want you to enjoy every second & that may mean relaxing with a good book or any early night. It's your event so enjoy it.

- There is a small camp site for the Guides where they work & spend the evening. Our wild camp weekends are VERY busy & exhausting events for our guides so please stay away from their camp site to allow them to work & rest as required.
- You **MUST** follow the strict toilet rules, there are NO exceptions! Everything you bring in, you **MUST** carry out! **Wet wipes** of any kind are **strictly BANNED!**

Important

Your guides are very busy pre-launch, with a lot of equipment, safety checks & briefings to complete with our guests. Therefore if you arrive late, **20 minutes or less before your scheduled launch time**, your Guides will have removed your kayak & related equipment from the launch site assuming your booking to be a 'no show'. Your guides will have no time to replace them for launch & your booking will be forfeit with no refund, even if you do eventually make a show. There may also be pressure on parking at our venues so please give yourself plenty of time to find the venue, park up & walk to the launch area.

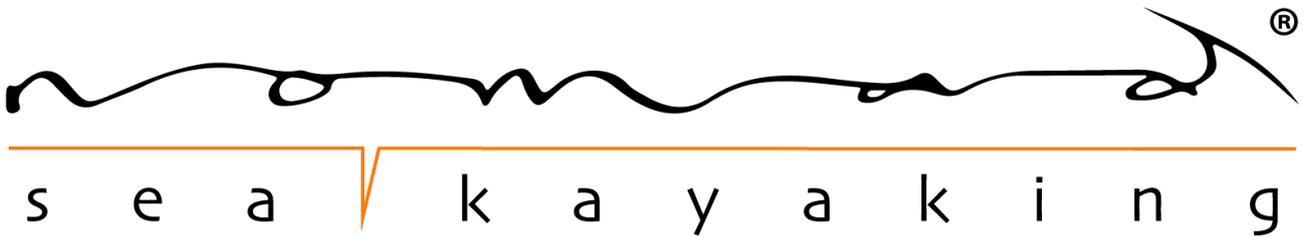
Valuables

Please leave electronics at home OR ensure you fully waterproof your items. The more expensive the item, the quicker it sinks & the deeper the water! Don't buy any kayaking specific clothing or gear before completing our '**Intro to Kayaking**' course as we will be covering clothing, equipment & kayaks in some detail & this will save you a lot of money.

Recommended

A good breakfast on the morning of the trip or course.

Please note that sea kayaking is an outdoor sport and by its' very nature exposes paddlers at its worst to strong currents, wind & choppy water as well as potentially cold conditions. Expect to get wet so please come prepared. **NOMAD Sea Kayaking** cannot take responsibility for any injuries sustained prior to or whilst paddling and/or on completion of a trip/tour.



Important

We ask that you keep abreast of trip updates on your relevant '**Account**' page so log in a couple of days before your event & check for any '**NOTES FROM YOUR GUIDE/COACH**' & any general notes on your account. This is our way of easily & efficiently communicating anything of importance to all of our guests & students e.g. weather updates, notes on clothing, change of venue or launch times, reschedules & so on.

NOMAD Sea Kayaking staff are clearly marked out in **bright orange uniform shirts & jackets**, please approach one of them upon arrival.

For Any Questions

You can contact our office with any questions at all & our number is **01473 - 375 026** during our listed business hours. Please don't leave any communications/questions (email or calls) to the last minute or after hours as we will not be able to respond (Guides have a life too!).

And that's that! Now just turn up, engage & have a fantastic time; we look forward to welcoming you.

