



Trip Notes 2027

Everything you need to know before your guided trip with NOMAD Sea Kayaking

Before your trip

- Log in to your account a couple of days before your trip and check for any **notes from Kurt**. This is where we post weather updates, changes of time or venue and kit advice.
- Make sure every person in your group has **accepted their invitation and completed their details** online. We cannot take anyone on the water without them.
- Tell us about any **medical condition, injury or medication** that may affect you on the water. Having a condition does not automatically stop you taking part, but we need to know in advance.
- The **minimum age is 18** for all trips, unless agreed with us in advance.
- Each trip page lists the **course you need to have completed** before you join. If you are not sure you are ready, call us before you book.
- **Loyalty trips:** if you spent £200 or more on NOMAD courses or 1-to-1 coaching this year or last year, your place is FREE. Log in before you book and it comes off at checkout.

On the day

- Arrive **30 minutes before the start time** and find Kurt, who will be in a bright orange NOMAD top. Please do not be late: tides do not wait, and late arrivals may not be able to join.
- Please do not drink alcohol before your trip.
- Kurt has the final say on all safety decisions on the day, including changes to route, timings or launch point.

Evening and night trips

- Bring a reliable **head torch with a RED light** (no flashing). White light is not used from 15 minutes before launch, and red light is all we use on the water.
- It gets cold quickly after sunset. Bring **extra warm layers and a hat**, even in midsummer.
- Stay with the group and keep within sight and earshot of Kurt at all times.
- Make sure someone at home knows where you are and when you expect to be back.

What to wear

- Layers that stay warm when wet. Synthetic or wool layers work best. **Avoid cotton and denim**, which stay cold and heavy when wet.
- Sturdy footwear that can get wet (old trainers or wetsuit boots) and warm socks.
- A windproof, waterproof top, and a full change of clothes and a towel for afterwards.

What to bring

- **Your own kayak, paddle and buoyancy aid**, in good working order. We do not work with inflatable kayaks.
- Water and a snack, plus any medication you may need.
- Your phone and car keys in a **waterproof case**. Leave jewellery and valuables at home. We cannot look after bags or belongings.

Weather

- Sea kayaking depends on wind, tide and sea conditions. If it is not safe or sensible to run your trip, we will let you know by email and through your account, and move you to the next available date or give you a credit. Full details are in our Terms and Conditions, section 13.

Leave no trace

- Take home everything you bring, including all litter.
- Give wildlife space, especially seals and nesting birds. We do not approach wildlife.
- Respect other water users, landowners and the places we paddle.

Questions? Call us on **01473 375 026** (Monday to Saturday, 9am to 6pm) or email adventure@nomadseakayaking.co.uk. We look forward to seeing you on the water.