



Course Guide 2026

Everything you need to know before your course with NOMAD Sea Kayaking

Before your course

- Log in to your account a couple of days before your course and check for any **notes from your coach**. 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 courses, unless agreed with us in advance.
- Your course page shows the meeting point, start time, parking and any extra notes. Please read it before the day.

On the day

- Arrive in good time and find your coach, who will be in a bright orange NOMAD top. Please do not be late: tides do not wait. Arriving more than 20 minutes after the start time may mean you cannot take part.
- Have a good breakfast. Please do not drink alcohol in the 24 hours before your course.
- Your coach has the final say on all safety decisions on the day, including changes to route, timings or venue.

What to wear

- Light layers that can get 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 hat or cap, sun cream and sunglasses (a retaining strap is a good idea).
- A warm layer for breaks, and a **full change of clothes and a towel** for after the course.
- Please do not buy specialist kayaking clothing or kit before your course. We cover clothing and equipment on the day and it will save you money.

What to bring

- At least 1 litre of water, plus lunch and snacks.
- Any medication you may need.
- A small waterproof bag for your phone and car keys. Leave jewellery and valuables at home.
- For Learn to Kayak in a Day: a fold-up chair or blanket for the theory sessions on the grass.

Using your own kayak

- Your kayak and equipment must be in good working order and meet any requirements listed for your course.
- We do not work with inflatable kayaks.
- Touring kayaks should ideally have watertight bulkheads front and back, which make recoveries much easier.
- Missing an item, such as a spraydeck or tow system? Ask us well before your course and we may be able to lend it.

Weather

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

Leave no trace

- Take home everything you bring, including all litter. Wet wipes are not allowed.
- Give wildlife space, especially seals and nesting birds, and follow your coach's guidance around them.
- 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.