

WHITE WATER TASTER DAY

KIT LIST

Having decided to attend The White Water Taster Day you will need to bring the following items.

1. CONSENT FORM: WITHOUT A CONSENT FORM YOU WILL NOT BE ALLOWED TO PARTICIPATE IN ANY ACTIVITIES ON THE WATER.

2. Two sets of clothing suitable for canoeing.

These should comprise of the following:-

- A. Old trainers or plimsolls to wear while canoeing.
- B. Tee shirt or thermal top.
- C. Shorts or light training bottoms. Waterproof over trousers can be worn in cold or windy conditions.

PLEASE ENSURE THAT YOU HAVE DRY CLOTHING TO TRAVEL HOME IN.

3. Bathing costume.

4. Towel

5. Money to cover user fee: £5.00 per person. (As many trips down the course as time allows.)

6. Hats suitable for the prevailing conditions i.e. woolly hat if cold, sun hat if warm.

7. Water proof sun block cream.

8. If you need to wear glasses while kayaking please ensure that you have a suitable means of attaching them to you.

9. Packed Lunch. Include plenty of fluids.

PLEASE NOTE : YOU WILL BE IN THE OUTDOOR ENVIRONMENT FOR A NUMBER OF HOURS. YOU ARE RESPONSIBLE FOR ENSURING THAT YOU ARE ADEQUATELY PROTECTED FROM THE SUNS RAYS.

I look forward to meeting you and hope you have an interesting and enjoyable day.

**SqnLdrC Dicks
Officer I/C Canoe Training**