



SUGGESTED PERSONAL WET KIT LIST:

- PERSONAL WETSUIT
- RASH VEST* (FOR UNDER WETSUIT)
- SWIMMING CLOTHING (FOR UNDER WETSUIT)
- WET SHOES (SPARE DRY PAIR FOR AFTER SESSION)
- CLOSED TOE SHOES (IF YOU DON'T HAVE WET SHOES)
- SPARE FULL SET OF DRY CLOTHING
- TOWEL
- SPARE BAG FOR WET THINGS
- SUN HAT / SUNCREAM (FOR WARM WEATHER DAYS)

- WATER BOTTLE
- HOT WATER FLASK* (FOR COLD WEATHER DAYS)
- SNACKS*
- SMALL DRY BAG FOR SNACKS/WATER BOTTLE*

WHAT'S INCLUDED?

- BUOYANCY AID(S)
- CAG(S) (WINDPROOF JACKET)
- ALL SAFETY EQUIPMENT
- SAFETY BRIEFINGS

WE HAVE CHANGING FACILITIES AND HOT SHOWERS.

UNFORTUNATELY WE DO NOT HAVE WETSUITS TO OFFER AT THE CENTRE.

*optional extras. If you do not have a item, please don't hesitate to speak to us, or visit our shop: www.south-coast-canoes.co.uk