



## **KIDS ADVENTURE DAY - KIT LIST:**

- PERSONAL WETSUIT
- RASH VEST\* ( FOR UNDER WETSUIT )
- SWIMMING CLOTHING ( FOR UNDER WETSUIT )
- WET SHOES (NO SLIDERS) ( SPARE DRY PAIR FOR AFTER SESSION )
- CLOSED TOE SHOES ( IF YOU DON'T HAVE WET SHOES )
- SPARE FULL SET OF DRY CLOTHING
- TOWEL
- EXTRA BAG FOR WET THINGS
- SUN HAT / SUNCREAM ( FOR WARM WEATHER DAYS )
  
- WATER BOTTLE
- HOT WATER FLASK\* ( FOR COLD WEATHER DAYS )
- SNACKS FOR THE DAY
- LUNCH FOR THE DAY

## **WHAT'S INCLUDED?**

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

**WE HAVE CHANGING FACILITIES AND HOT SHOWERS.**

**CHILDREN MUST GO IN THE WATER WITH A TOP AND BOTTOM CLOTHING, NOT JUST A SWIMSUIT OR TRUNKS.**

**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](http://www.south-coast-canoes.co.uk)