



EQUIPMENT LIST FOR KAYAKING

EACH PERSON NEEDS TO BRING:

Suitable clothing for Paddling:

This means:

- Bottom: Shorts or polarfleece longs or shorts + polyprop longs (NB: shorts are normally warm enough for Northland conditions).
*** Important: Jeans / Cotton trousers / Brushed Cotton trackpants are *definitely not suitable or acceptable.***
- Top: Lycra rash vest / polyprop top or polarfleece top or T-shirt (least preferred).
NB: In general, Quick-drying clothing is best and cotton is the least suitable material.
*** A wetsuit is acceptable in cooler / wetter conditions**
- Spare warm top (this will be packed into kayaks if not being worn): Polarfleece (best) or woollen.
- Footwear that can get wet: wetsuit booties / 'rock shoes' or jandals or sandals or running shoes.
Please Note: Even if participants choose to kayak with bare feet they should carry some type of footwear in their kayak.

Sun hat / (Beanie if windy or cool weather)

Rain / wind-proof jacket

Water Bottle

Snacks / lunch.

Sunblock (lip balm also recommended)

Sunglasses (should be retained with a strap).

Personal Medications as required eg. asthma inhaler, allergy medication.

OPTIONAL ITEMS YOU MAY LIKE TO CONSIDER:

- Towel and swimming gear.
- Camera (best placed in a dry bag).
- A change of clothes for afterwards.