

THINGS TO BRING

EQUIPMENT AND CLOTHING CHECKLIST

Please note that on water activities will not occur in the event of poor weather conditions. This includes: lightning, high wind, and very cold temperatures. Also in the situation where we have extreme hot temperatures we will monitor participants and will bring activities indoors to prevent heat related conditions.

Please dress for the weather conditions and always bring extra clothes.

Clothing / Item suggestions

- ___ Shorts and sweat pants (jeans are not recommended, they are restrictive when wet and we will not allow participants to kayak in jeans)
- ___ Swimsuit for hot days if you get wet (no swimming allowed in the reservoir)
- ___ T-shirt
- ___ Old runners (important as we will do dryland activities in the field)
- ___ Sun hat
- ___ Sunscreen
- ___ Sunglasses (don't forget a tie or strap)
- ___ Knee pads (for recreational canoes)
- ___ Lunch with a drink
(we have a water foundation on site to refill water bottles)

Also it is recommended to bring the following extras:

- ___ A complete change of clothes
- ___ Towel
- ___ Extra warm clothing on cooler days
- ___ Rain gear

We will paddle on rainy days so please come prepared. Showers and change rooms are available if necessary.

If you have any further questions please do not hesitate to call us: **246 5757**

Thank you and happy paddling.