



## Learn 2 Paddle Checklist

### WHAT TO BRING - EQUIPMENT AND CLOTHING

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For spring and fall sessions always plan to attend regardless of weather. We will paddle on mild rainy days. Please dress for the weather conditions and always bring extra clothes. Change rooms are available.

On water activities will *not* occur in the event of poor weather conditions such as high winds, lightning, or cold temperatures. In the case of poor weather conditions, dryland/indoor sessions will take place inside our facility such as paddling in the tank, workout in the training room, or activities in the hall.

### Clothing & Item suggestions

- Shorts and sweat pants  
*Jeans are **not** recommended, they are restrictive and unsafe when wet. We will not allow participants to kayak in jeans.*
- Swimsuit for hot days if you get wet  
*There is **no** swimming allowed in the reservoir, city by-laws are in place.*
- T-shirt
- Old runners (important as we will do dryland activities in the field)
- Sandals
- Sun hat
- Sunscreen
- Sunglasses with a tie or s strap
- Lunch & snacks (summer camp)
- A snack if you need it for the post session
- Water bottle (we have a water fountain on site to refill water bottles)

### Also it is recommended to bring the following extras

- Complete change of clothes **very** important for *Fall paddling sessions*
- Towel
- Extra warm clothing on cooler days
- Rain gear

If you have any further questions please do not hesitate to call us **403 246 5757** or email us [calgarycanoeclubinfo@gmail.com](mailto:calgarycanoeclubinfo@gmail.com)

**Thank you and happy paddling.**