

## Suggested Water Activities Kit List.

When undertaking water activities you are exposed to the elements, either hot or cold. The correct clothing will make your time on the water far more enjoyable. It is not necessary to buy expensive clothing, the correct choice is more important.

- DO NOT wear any clothing such as woolen sweaters, jeans, baggy jogger bottoms, ski jackets, etc. that will become heavy when wet.
- DO NOT wear heavy shoes or boots.
- YOU MUST wear soft soled shoes at all times (old trainers)
- YOU MUST wear a hat for protection from the sun or cold.
- YOU MUST have a full set of warm dry clothing to change into at the end of the day.
- If you are undertaking water activities for more than one day it may not be possible to dry your clothing, so additional sets of wet gear may be advisable.
- Kit for sailing, rowing or canoeing is similar. Remember that a day can start bright and sunny and end cold and wet. Layers of thin cotton are best on your body as these dry quickly and can be added or removed to suit the weather. Thin Gaiter type waterproof tops and trousers keep out the wind and do not absorb water.

To recap

- **Shoes** Soft shoes, no metal buckles (Old trainers etc.)
- **Trousers/shorts** Thin cotton, these will dry easily when wet. Thin wind and waterproof trousers
- **Body** Layers of cotton ( T-Shirts, thin tops etc) Thin wind and waterproof top. (Gaiter etc).  
**Your buoyancy aid will in part act as a body warmer.**
- **Head** Warm hat not wool. Baseball cap etc.  
Long hair must be tied back for reasons of safety.
- **Skin** High factor sun cream and lip salve
- **Other Kit** Waterproof bags for transporting wet kit home

If you have or can borrow wet suits, wet boots, paddle jackets and similar kit this is very suitable but it is not necessary. Wet suits that are too large will not keep you warm.

It is important to wear the correct clothing for the weather conditions. You are more likely to suffer from the hot weather than cold weather. In hot weather always wear a hat and top and use a high factor sun cream. Drink plenty of fluids.