

Kayak ½ day Trips and Kayak rescue skill session.

EQUIPMENT LIST * you will be assessed on your preparedness*

Item:	check	Comments
-signed permission form / Fee/Forms submitted two weeks before event		
-Wear shoes that are okay to get wet and bring an extra pair to change into		Old runners work well or a sandal with a heel strap
-Please wear nylon/synthetic clothing as it dries quickly (AVOID cotton)		Polyester, nylon, wool but no cotton
-Bring a fleece jacket/sweater, a toque, and a rain jacket		
-Bring a change of clothes as you may get a little wet.		Wear your bathing suit under your clothes to make changing easier as there may be no private location to change.
-Bring sunglasses and a hat to protect yourself from the sun.		
-Bring a water bottle and a snack		
-Bring a towel (optional)		
-Camera (optional)		