

## Canoeing and Kayaking Guidance for Personal Kit

It is vital that a measure of common sense is used when preparing for the activities offered by the Wiltshire Outdoor Learning Team. Bringing incorrect kit can hinder the enjoyment and learning potential of the individual, other group members and in extreme cases exclude that individual from the activity. Please observe the following:

Please look at the weather forecast and bring clothing etc appropriate to the forecast conditions (erring on the side of caution).

### What to bring to wear on the water:

A couple of thin layers are better than a single thick layers and should be made of synthetic fibres (i.e. **not** cotton or wool)

#### Base layer

- Thermal tops (tees or long sleeved)
- Polyester socks
- Swimming trunks/board shorts
- Polartec/ thin fleece beanie able to wear under a helmet

#### Mid layer

- Fleece top
- Wet suit (preferably a long john to be used in combination with thermal tops and a cag)  
or
- Track suit bottoms or thermal bottoms

#### Top layer

- Water proof rain cagoule (**check** if a cag is supplied by the course provider)
- Thin waterproof trousers (polymide/polyurethane but not necessary with wet suit)
- Wet suit boots or secure firm soled footwear either thin soled plimsols/trainers or beach aqua shoes **not** bulky trainers.
- Paddle mitts or surf gloves

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## What to bring for when you get off of the water:

- Towel
- Usual clothing including thermal socks
- Fleece and a fleece hat or fleece hoody
- Gloves (if it is really cold)
- Waterproof coat
- Sturdy and waterproof footwear
- Drink
- Snack bars
- A waterproof bag for your wet gear or use a sturdy bin liner to so you can separate it from your dry kit.

*It is better to bring kit that you may not use than to be cold for the rest of the day!*

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