



Lessons, Clinics, & Day Trips...



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What should I bring?

- Bag Lunch and Snacks (depending on the duration)
- Water - 2 litres minimum
- Change of Clothes for after your day (In case you get wet)
- Small water proof pack if you want to put your stuff in something – think of sharing with someone.
- Sunglasses with strap
- Sunscreen

How should I dress?

- Try to avoid wearing clothes made of cotton when canoeing – When they get wet, they stay wet and make you very cold.
- Dress in layers – Many think layers works better than one thick layer since you can shed or add layers easily to accommodate changes in conditions. You can always take it off if it is warmer.
- Consider Rain Gear
- If you have a hat – wear it.
- Put sun screen on before leaving the house – bring extra with you.
- Flexible shoes (old running shoes or water footwear are best) and only secure sandals, closed toed are preferred.

*****All other equipment needed will be supplied by Life Force*****