

Generic kit list – water activities

If you're planning to take part in water activities this is the generic list of what kit you'll need. If you have any questions about what kit you need for a specific activity, please speak to the leader in charge.

If you've got any general questions, or if you're thinking of buying new kit and unsure about what to get, please talk to your section leader - if they can't answer your question they'll find someone who can!

We will provide buoyancy aids and helmets if needed. We have some windproof jackets that we can loan out if needed. (If you wish to use your own boats/buoyancy aids/helmets/etc. please check with the leader in charge.)

Kit list:

- Wetsuit, or clothes to get wet in (swimwear, t-shirt, lightweight trousers & sweatshirt/micro-fleece)
- Wet-shoes or old trainers you can get wet/muddy
- Wind/waterproof jacket (pac-a-mac style is ideal)
- Waterproof trousers (optional but useful if it's windy)

- Sunhat/sun cream/sun glasses
- Warm hat/gloves (if it's cold/windy)

- Towel
- Full change of clothes including shoes & a dry waterproof coat (if it's cold/windy bring extra fleeces)

- Permission form
- Personal medication if needed
- Drink / snacks for after the activity (if it's cold bring a flask of something hot)