

Kit List for Canoeing and Kayaking

Please bring the following as a minimum. If you are not sure about what to bring, then bring everything and choose at the launch site with our advice! It is hard to wear too much in the water but very easy to wear too little. If you still have any questions then please do not hesitate to contact

edward@earthlyedge.com or 07787 153 208

- Any medication that you need or might need during the day
- A completed enrolment form (if Earthly Edge does not already have it)

Rafted canoe or what we call a 'dry' canoe session.

- Cord or string to secure glasses.
- Normal clothing for the season with the following extras
- Waterproof jacket and trousers
- Footwear: Wellingtons should be your first choice, with hiking boots second and trainers (not thin, slip-on pumps) with a good thick traction sole third.
- 1 jumper/fleece. Wool, Acrylic, fleece as first (warmest) choice. Cotton hoody second.
- Warm woolly hat or sun hat and sunglasses - even if just slightly sunny
- Money for car parking
- Your own waterproof camera if you wish
- A full change of clothes and large towel (just in case!)
- Warm drink and energy food

For kayaking and a 'wet' canoe session.

- Cord or string to secure glasses. Or goggles if you wear contact lenses
 - Footwear: Secure lace trainers (not thin, slip-on pumps) with a good thick traction sole.
 - Warm socks
 - Swimming costume
 - 2 jumpers/fleeces. Wool, Acrylic, fleece as first (warmest) choice. Cotton hoody second.
 - Waterproof jacket and trousers.
 - Warm woolly hat or sun hat and sunglasses - even if just slightly sunny
 - Money for car parking
 - Your own waterproof camera if you wish
 - A full change of clothes and a large towel
 - Plastic bags for taking your wet kit home
 - Warm drink and energy food
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