



Activity Clothing Information

It is important to keep warm whilst out on activities. Generally speaking shorts and T shirt on their own are not the best wear for boating in our climate, even in mid-summer, but if the weather looks good please pack them. You may need 2 or 3 changes of clothing depending on your length of stay and the number of "wet" activities your are doing.

BUOYANCY AID

A Centre buoyancy aid is always included with instructed activities and boat hire. If you have and prefer to use you own it must comply with current legislation and standards of use. It must be either BCU/BACT standard BA83 or CEN 50N type.

CLOTHING

- ☞ If you have them, specialist water sports wear such as wet suit, sailing/canoeing top etc but these are not compulsory
- ☞ Swimming costume/spare underclothing
- ☞ Warm tops e.g. Sweatshirts, track-suit tops, fleeces. Generally lots of thin layers are better than one thick layer. This is especially important on days when the weather is not particularly warm
- ☞ T shirts or thermal top to wear under the warm top
- ☞ Track suit trousers or lightweight trousers, NOT JEANS as they are restrictive and, when wet make you lose heat very quickly
- ☞ Waterproof/windproof top and trousers (block the wind chill effect) are very important, not just for activities, but also to wear generally in inclement weather. Don't have to be expensive, basic quality ones are fine.

FOOTWEAR

Wet suit boots or soft soled shoes eg. gym/deck shoes **MUST** be worn at all times in boats. Thick soled/heeled trainers or wellington boots are not suitable. It is important that the shoes will stay on your feet even in the water, so you should avoid anything loose fitting which could slip off.

These items are bound to get wet, so an old pair will do and do not forget you will need some dry shoes to wear on your journey home.

HEAD GEAR

For warmth and protection fleece/peak/sun hat as appropriate.

OTHER STUFF

- ☞ Towels
- ☞ Waterproof sun-factor cream of the strength that you normally use
- ☞ Plus your normal clothing/footwear, camping gear etc
- ☞ Plastic bin liners to put wet gear in for the journey home