

PERSONAL CANOE EQUIPMENT

Thanks for booking with us on a canoe training course or trip. As you can probably aware the outdoor environment changes quickly and to help us enjoy the day more we must prepare ourselves accordingly. Each person must provide him or herself with the following minimal personal clothing

- **A fleece top**
- **Fleece trousers (synthetic track suit bottoms with thermals will suffice)**
- **Thermal undergarments**
- **Thick warm socks (If you have Neoprene wet socks please bring them)**
- **Warm hat.**
- **Water proof Jacket**
- **Water proof trousers**
- **Personal medication**
- **Food and drink for the day**
- **Possible car park money.**
- **Sun glasses**

Please do not wear cotton tops or bottoms as the material stays cold and heavy when wet. *Don't forget you'll also need a change of clothes after the session and if you have kneepads or a kneeling pad bring these as well. **Remember dress warm.***

All group safety equipment required for the trip, such as emergency kits, throwlines, shelters etc. is supplied by Adam Evans as part of the fee.

As canoeing is a physically demanding activity it is advisable that everybody eat a hearty breakfast before hand. **Please bring a hot flask and food for the trip.**

Please bring with you any medication you may require and approximately five pounds in change per person, for possible car parking and river access fees, as some canoe venues have a small charge for entrance.

Due to such variables as weather and access arrangements, I cannot guarantee which venue is to be visited.

Although I do hold Liability and Indemnity Insurance no personal insurance is provided, As the fee is non-refundable (see booking conditions) you are recommended to obtain insurance in the event of your cancellation, accident, loss of baggage/money and/or liability. Contact a travel agent or the British Canoe Union for advice.

On the day please put as many people in each vehicle as possible, to save car park space in the local area. Parking in these locations is often limited.

I will contact you a few days prior to the session, with our meeting points for the day. This is usually a local Café, where you are most welcome to join me over a large breakfast to set us up for the trip. Introductions can be made and the day's events discussed. The day's activities will finish late afternoon, leaving you enough time for your evening activities, celebrations and travel arrangements.

**I'm are more than happy to answer individual questions directly
Feel free to contact me at the details given below
Look forward to caving with you**

Adam