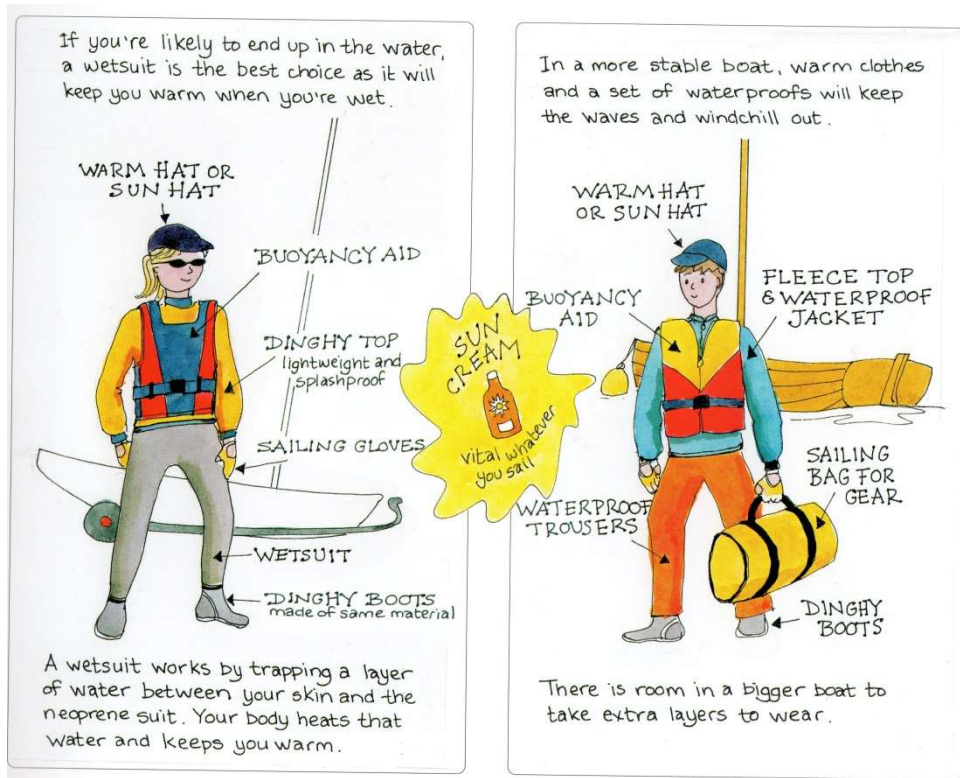


Water Activity Clothing & Equipment

With all activities flexibility is key to enable the minimum amount of kit to cope with the widest range of conditions and activities.

The British weather is changeable and conditions on the water can often be quite different to those on shore. The key is to ensure you are always prepared for anything!



Note that in both cases a **windproof top** is needed to ensure you stay warm! A cheap waterproof top is ideal for occasional use but a proper splash top will last a lot longer if heavily used.

Buoyancy aids should be CE marked and provide at least 50N of buoyancy (it will say this on

it). It is useful to attach a plastic safety **whistle** to your buoyancy aid with a piece of string.

Footwear is important, it will get soaked and needs to protect your feet and have a good non-slip sole. Proper dinghy boots are the best but Argos and similar retailers offer cheap “wet-shoe” alternatives which are fine but not as robust.

Always make sure you have a **drybag, daysack or holdall** (ideally reasonably waterproof) with a towel (travel towels are ideal) **change of clothes** and a **spare layer** or two in case the weather changes. It is always a good idea to have both a **baseball type hat** with a peak (for sun) and a **wool or fleece “beanie”** type hat for cooler conditions in your bag. Small pots of **hand sanitiser** and **sun cream** are also a good idea as are a few waterproof plasters. A **small drybag** is often useful to keep wallets and small items in, but make sure you clip it to the boat if you take it out with you!

A **mug** (insulated with lid if possible) is needed for drinks and it is a good idea to have a few sweets or some chocolate in your bag to give you a boost if you need it. Make sure your bag has room for lunch for when we do day activities. A **small torch** is also useful in case it gets dark before we finish.

If you are unsure please ask a leader for advice.