**Recommended Kit List Stand Up Paddle Boarding**

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| **Personal Kit** |  | **Tick** |
| Footwear | Trainers or wetsuit boots (NO wellingtons) |  |
| Fleece | Mid-weight fleece (Berghaus Chonzie) |  |
| Trousers or Shorts | NO jeans |  |
| Spare clothing |  |  |
| Towel |  |  |
| Drink | At least 1 litre (NO alcohol) |  |
| Food | Picnic style and snacks (unless agreed to be provided by Alfresco Adventures Ltd) |  |
| Hat | We lose most of our heat through our heads (Berghaus Powerstrech Hat) |  |
| Personal Medication | Any prescription medicines you need. |  |
| Sun Glasses | The reflection from the water can be very bad on the eyes |  |
| Sun Screen | We highly recommend factor 30 minimum |  |
| Hair Bobble | For long hair |  |
| Camera | We recommend a waterproof camera to capture the memories to look back on. We do take photos throughout the day with can be downloaded from our Facebook Page. |  |

**We provide all the other safety equipment, please fill in and send back the wetsuit size guide form to us prior to arriving.** We are supported by Berghaus and Cotswold Outdoor. We have recommended Berghaus products and equipment which can be purchased from Cotswold Outdoors on this kit list. Cotswold Outdoor give all our clients 15% off instore and online using the following code-

AF-ALFADV-C7

Finally…….. if you are unsure on what to bring, call or email us and we are more than happy to answer any questions.