**Recommended Kit List Canoeing and Kayaking**

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| **Personal Kit** |  | **Tick** |
| Footwear | Trainers or wetsuit boots (NO wellingtons) |  |
| Base Layer top | Should not be cotton and have wicking properties to help keep you dry and comfortable. (Berghaus Tech Tee) |  |
| Fleece | Mid-weight fleece (Berghaus Chonzie) |  |
| Trousers or Shorts | NO jeans |  |
| Spare clothing | Be prepared in case you get wet. |  |
| Towel |  |  |
| Waterproof Jacket | A very good windstopper.  |  |
| 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, a cagoule and a dry-bag (waterproof bag) to carry your spare clothes, lunch etc.**

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.