



## EQUIPMENT LIST FOR KAYAKING

### EACH PERSON NEEDS TO BRING:

#### **Suitable clothing for Paddling:**

##### **This means:**

- Bottom: Shorts or polarfleece longs or shorts + polyprop longs (NB: shorts are normally warm enough for Northland conditions).  
**\* Important: Jeans / Cotton trousers / Brushed Cotton trackpants are *definitely not suitable or acceptable.***
- Top: Lycra rash vest / polyprop top or polarfleece top or T-shirt (least preferred).  
**NB: In general, Quick-drying clothing is best and cotton is the least suitable material.**  
**\* A wetsuit is acceptable in cooler / wetter conditions**
- Spare warm top (this will be packed into kayaks if not being worn): Polarfleece (best) or woollen.
- Footwear that can get wet: wetsuit booties / 'rock shoes' or jandals or sandals or running shoes.  
**Please Note: Even if participants choose to kayak with bare feet they should carry some type of footwear in their kayak.**

**Sun hat / (Beanie if windy or cool weather)**

**Rain / wind-proof jacket**

**Water Bottle**

**Snacks / lunch.**

**Sunblock** (lip balm also recommended)

**Sunglasses** (should be retained with a strap).

**Personal Medications** as required eg. asthma inhaler, allergy medication.

### OPTIONAL ITEMS YOU MAY LIKE TO CONSIDER:

- Towel and swimming gear.
- Camera (best placed in a dry bag).
- A change of clothes for afterwards.