

**ROKER CANOE CLUB
HETTON LYONS COUNTRY PARK SESSIONS – WHAT TO BRING LIST**

Personal Equipment Checklist

<u>Paddling Session</u>	<u>Item</u>	<u>Tick off</u> (if packed).
To wear under wetsuit	Swimming costume	
To wear under wetsuit or cag	T-Shirt – not cotton	
To wear under cag? For colder days	Fleece	
Footwear	Old pair of trainers	
Spectacle wearers please bring something to tie them on with	Specs retainer or string.	
You will be wet!	Towel etc	
Warm clothing, for after the activity	Hat, jacket etc	
Changing – towel etc.	You may have to change in the open.	
MEDICATION	If you are on medication, Inhalers etc you MUST Bring Them.	
You will use a lot of energy!	Food/Snack for after the activity. Lunch If an all day session	
This is essential to avoid dehydration	Drinks (+ extra water, not fizzy if possible)	

Students MUST NOT chew gum or sweets during the activities, due to this being a potential choking hazard.

Roker Canoe Club cannot be held responsible for any individual's personal possessions therefore: - Participants MUST NOT bring any valuables, including Walkman, mobile phones etc. Participants must not wear ANY jewellery at all.

If participants turn up without appropriate footwear or essential medication, they may not be allowed to take part in the Activity.

If you are still unclear about anything, then contact us on **07963 498250**

Canoeing and Kayaking are Assumed Risk Water Contact Sports that may carry attendant risk; participants should be aware of and accept this risk, and be responsible for their own action and involvement.