



Blue highlight indicates, kit the school can provide, although as paddlers become more proficient they start to build up their own kit. When you get this far, start with the **clothing**, warm paddlers have more fun.

Beginners sessions usually stay close to the bus, are on flat water, usually in nice summer weather. Session will often need to be cancelled if the weather is poor. Spare kit can be kept in the bus, which we can retreat to if things get too much for them.

At this level, they should not need any special kit, although you may choose to invest in a cheap wetsuit from; Sainsburys, Trago or most surf shops on the north coast of Devon or Cornwall. They can then make good use of it in the summer hols at the beach to.

Clothing for on the water:

Warm clothing = lots of fun

Inappropriate clothing = cold, possibly hypothermia, bad day out

- Swimming trunks
- Trousers: (must not be cotton. Polyester track suit bottoms would be ok)
- **Base layer:** T-shirt (must not be cotton. A thin polyester sweatshirt would be good)
- **Mid layer:** fleece
- **Outer layer:** waterproof jacket is ok if the weather is good. Kayaking or sailing **Cag** is best (we have a few Cags).
- **Footwear:** Trainers or similar, which will get wet.
- A snack & drink to keep them going.
High carb; cereal bar, flapjack, sandwich or rap etc.
- **Safety helmet**
- **Buoyancy aid (not life jacket)**
- **Nylon Spray deck**
- **Paddle**
- **Boat**

Wetsuits

These are great & can be very cheap now <£30.

If you have a shorty or full length wetsuit this would substitute the Base & Mid layer.

Some people wear a base layer under their wet-suit when it's cold!

You will need a Outer layer (waterproof coat).

Socks make putting the wet-suit on easier!

When you get out:

- Warm clothes to change into:
 - Warm hat, t-shirt, thin jumper, thick fleece, warm trousers, warm socks
- Towel
- Changing towel or dressing gown to help you get changed in car park.
- Old mat or square of carpet to stand on while changing.
- Food & drink, it is a demanding sport, they will be hungry & thirsty
- Bag to put all your wet kit in or thick rubble bag.
- warm drink (preferably not tea or coffee)
- Personal medication; EpiPen, asthma inhaler etc

Other letters available:

- Intermediate Kit
- Advanced Kit

Full details of MCS Canoe club & copies of these letters can be found at our web site:

www.mcs-exeter.co.uk

follow the 'Information' & then 'Canoe Club' links.