



Outdoor Education
& Training Centre
Kilfinane

Adult Kayak Skills Courses 'What to bring'



- Swimming togs/ neat shorts to wear inside wetsuit
- Thermal/ synthetic long sleeve top
- Footwear – water shoes or spare runners to wear in the water (not crocs/ sandals/ plimsols)
- Towel, warm clothes and gear bag – we will get changed at the lake/river
- Water bottle
- Medications e.g. inhaler

We will supply:

- Wetsuit, Buoyancy Aid, Helmet
- (If you have your own wetsuit bring it along)

*Closed cockpit
kayaks are used for
these courses!*