



Outdoor Education  
& Training Centre  
**Kilfinane**

# Sit on Top Kayaking & SUP – Stand Up Paddleboarding



## What to bring:

- Swimming togs or shorts/ leggings
- 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

