



BLYTH KAYAK CLUB

Gear for your first time out...

Your first time out you will need;

Old clothes you don't mind getting wet. You can wear a wetsuit if you have one but if not don't worry. Those that do, you may still want something over the top. Synthetic micro fleece (polyester) is ideal as it dries quickly, but a cotton sweat-shirt would be fine. A cheap pac-a-mac will do as a wind proof top layer but we also have a selection of cag. tops people can borrow, particularly in junior sizes.

On your bottom half a swimming costume underneath jogging pants, or shorts if you're feeling particularly hardy. No jeans. You'll need something on your feet, old trainers are fine as long as you tuck the laces in.

A hat is also a good idea. Many people opt for a woolly one for warmth, I'm a fan of the baseball cap even in winter - paddling's a lot nicer without the sun in your eyes.

We can provide buoyancy aids, helmets and spray decks.

When you get out;

You'll want dry clothes and a towel - you'd be amazed how many people forget one or both. You should also bring a warm drink and something to eat, something sugary will help particularly if its cold.

And finally;

Whilst I've been drinking the water for years and its never done me any harm, you may wish to bring some disinfectant hand gel to use before you eat anything. I would also take sun cream just in case.