



1st Hampton Hill Kit for Boating

The kit worn for boating may be worn when travelling to the activity, but you must have a COMPLETE change of clothing to travel back, in case you get wet.

Below is the minimum required:

- T-shirt
- Swimming trunks or shorts (no trousers)
- OLD trainers, sailing boots, or canoe boots
 - No wellies, they fill with water and are too heavy
 - No Crocs or other loose fitting shoes, as they can fall off and float downriver
 - Please note that you will not be allowed to go on the water without some form of suitable footwear, as broken glass is known to be washed along the river banks.
- Sun hat and Sun Cream if it is sunny
- Warm hat and jumper if it is not sunny
- Waterproof coat/cagoule – definitely needs to be unlined and preferably without a hood. (Hoods can fill with water and make rescue more difficult)
- You will also be required to bring a towel, a plastic bag for wet kit, and a small holdall or sports bag to carry it all in

Don't forget the complete set of dry clothes (including underclothes and spare footwear) to go home in!

We will provide the boats, boating equipment, a suitable buoyancy aid and lots and lots of FUN!!!

