



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 are allowed in boats)
- **OLD** trainers, sailing boots, or canoe boots, (no wellies, the fill with water and are too heavy)

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 makes rescue harder)
- 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!!!