

KIT LIST

DISCOVER SEA KAYAKING



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Equipment List

All you really need to bring is sufficient base clothing to wear and additional items, such as:

- Trunks or costumes for under a wetsuit
- Thermal and fleece layer for the top
- Hat or cap
- Suncream (weather dependant)
- Dry bag for lunch
- Waterproof camera
- Waterbottle (the hydration packs that can be accessed whilst paddling are really useful for this e.g. Camelbak)

In addition, some suitable footwear that will fit comfortably in a kayak and lace up to keep them on in the water. Our stores have a wide range of Peak UK soft wear as well as paddles for you to use. We have an extensive selection of different styles of kayaks from a range of manufacturers. This is an ideal opportunity to try something new if you'd like to. If you prefer the familiar, feel free to bring along your own kit.