



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Paddling Courses

Items in **blue** are available to borrow from our stores. However, supplies are limited so we recommend you bring your own kit if possible. Any borrowed items are subject to availability.

■ Introductory Courses

- ☐ **Wet suit**
- ☐ **Paddling jacket / cag**
- ☐ **Buoyancy aid (PFD)**
- ☐ **Paddlesport helmet**
- ☐ **Spray deck** (kayaking only)
- ☐ **Trainers** - they will get wet (no crocs, sliders, sandals, beach / water shoes)
- ☐ **Wool socks**
- ☐ **Swimming costume / shorts**
- ☐ **Thermal top** (wool or synthetic)
- ☐ **Fleece top**

Other Useful Kit

- ☐ **Dry clothes & towel**
- ☐ **Drinks bottle / flask**
- ☐ **Waterproof lunch box**
- ☐ **Sun hat**
- ☐ **Sun cream**
- ☐ **Midge repellent**
- ☐ **Any medication you require**

■ Inland Courses

- ☐ **Wetsuit / Paddling jacket (cag)** / Dry suit / Dry trousers. See our blog post on: [Dry suit or Separates](#)
- ☐ **Buoyancy aid (PFD)**
- ☐ **Paddlesport helmet**
- ☐ **Spray deck** (kayaking only)
- ☐ **Throw bag**
- ☐ **Rescue kit**
- ☐ **Paddling knife** (for safety/rescue/leadership/coaching courses)

Other Useful Kit

- ☐ **Kitbag** to put it all in.
- ☐ **Towel**
- ☐ **Drinks bottle / flask**
- ☐ **Waterproof lunch box**
- ☐ **Dry bag(s)** for spare layers/lunch
- ☐ **Large dry bag.** 30L / big bag / rucksack with several dry bags inside (open canoe courses)
- ☐ **Neoprene gloves / pogies**
- ☐ **Sun hat**
- ☐ **Sun cream**
- ☐ **Midge repellent**
- ☐ **Any medication you require**



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■ Sea Courses

- ☐ **Wetsuit / Paddling jacket (cag)** / Dry suit / Dry trousers. See our blog post on: [Dry suit or Separates](#)
- ☐ **Buoyancy aid (PFD)**
- ☐ **Paddlesport helmet**
- ☐ **Spray deck**
- ☐ **Tow line**
- ☐ **Pump**

Other Useful Kit

- ☐ **Kit bag** to put it all in
- ☐ **Towel**
- ☐ **Drinks bottle /flask**
- ☐ **Waterproof lunch box**
- ☐ **Dry Bags X2/3** for spare layers / lunch etc.
- ☐ **Neoprene gloves / pogies**
- ☐ **Sun hat**
- ☐ **Sun cream**
- ☐ **Midge repellent**
- ☐ **Any medication you require**

Plas y Brenin has a range of canoes, white water kayaks, sea kayaks and SUPs available for use on courses. Feel free to bring your own. They will need to be appropriate for the course (this will be checked). White water kayaks and canoes are required to have airbags in the bow and stern.

PFDs / buoyancy aids and helmets will need to conform to CE standards and must be in a suitable condition as deemed by the course instructor / stores staff. We often have demo gear from our partners as well, including boats, so make the most of the opportunity to try something new.