



Outdoor Education
& Training Centre
Kilfinane

KAYAKING, CANOEING, SUP 'WHAT TO BRING'



WATERSPORTS

The 4 T's

- **TOGS** (swimming togs or shorts)
- **T-SHIRT**
- **TOWEL**
- **TRAINERS** (Old runners to wear in the water to protect feet -crocs, sandals, plimsolls or light neoprene slippers are not suitable)

+ Gear bag for wet clothing

GENERAL

Our activities take place outdoors & in all weather. Come prepared:

- Change of clothing
- Drinks + reusable bottle
- Snacks/ pack lunch if required
- Medications – inhalers etc.
- Sun Cream



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