

Canoe

SOUTH AUSTRALIA

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Canoe SA Courses Equipment & What to wear

What you need to wear

Canoeists always dress for the weather conditions. In summer that will mean light clothing with adequate sun protection: In winter clothing will include woollen or thermal clothing, wetsuits may also be worn.

If in doubt about the weather, pack extra warm clothing.

- Shorts (board shorts or bike pants) – no cotton pants or jeans
- T shirt – must cover shoulders – preferably long sleeve
- Hat – wide brimmed
- Running shoes or wetsuit boots – they will get wet
- Wet suit top/Thermal top/Rashie – it may be cool on the water (Woollen jumper – that will get wet)
- Spray jacket or similar to protect you from wind
- Sunglasses (optional) with a strap

What you need to bring

- Lunch / Snacks / Drinks
- Sunscreen – please reapply regularly
- Change of clothes
- Warm jacket or jumper to wear during the day while off the water
- Towel
- Drink bottle – to take out on the water
- Kayak or Canoe (kayaks may be hired from Canoe SA by arrangement)

Please ensure that you dress appropriately for the weather.

- **You will cool down rapidly when you are wet.**
- **It is important that you bring enough warm dry clothes to keep you from getting cold during the day. If possible bring a long sleeved thermal for the morning and a fresh one for the afternoon so that you can change into a dry shirt at lunchtime.**
- **It would be a good idea to bring dry clothes to put on at the end of the day also.**

If you have any queries regarding this equipment or the course, please give Canoe SA a call on 8240 3294.

