



Dress appropriately for the weather and water temperature:

	Wetsuits are ideal but not always needed
\times	Bathers
\times	Joggers with thin long sleeve tops and / or waterproof – chilly weather
\times	Shorts with T-shirt – warmer weather
\times	Clothes should be comfortable and allow movement
×	Suitable covered toe shoes that <i>stay on</i> when swimming OLD trainers, water boots/shoes - no crocs, flip flops or wellies (fill with water and heavy)
Please note that you will not be allowed to go on the water without some form of suitable footwear.	
\times	For glasses/sunglasses, a cord or strap is needed to keep them on
\times	Long hair tied back
\times	Sun hat and Sun Cream if it is sunny
\times	Hint – Baseball caps are great for all weathers (rain/sun)
\times	A towel.
\times	In a plastic bag have <i>change of clothes</i> including footwear, underwear and warm jumper/coat to go home with.

We supply boats, equipment and buoyancy aids and lots and lots of FUN!!!

