

Mold CC - Placid Water Kit List



Please bring the following:

Remember weather may be changeable so bring suitable clothing.

Personal clothing:

If you do not own your own equipment please bring:

- Thermal layer/s (no heavy woollen jumpers)
- Tracksuit pants / Canoe shorts (no jogging bottoms)
- Socks
- Footwear - wetsuit boots, river shoes or pumps (no laces)
- Warm hat
- Gloves/ paddle mits (optional)
- Gaiters or similar windproof layer

Each person paddling must bring a complete change of clothing to get changed into after paddling, (don't forget your towel)

If you have your own equipment please feel free to bring it. (The coaches will check your kit for safety, and if they feel it is not appropriate or safe you will not be allowed to paddle with it).

- Wetsuit / Drysuit
- Buoyancy aid
- Spray deck (ONLY if you can do a capsize drill whilst wearing one)
- Helmet
- Wetsuit boots, river shoes
- Helmet
- Kayak
- Paddle

If you have any medical conditions on your membership form please remind the coaches of this before getting on the water. If you have medication please make sure it is with a responsible adult / coach (if required on water).