

Sea Kayak Plockton Kit List

Please bring the following with you for all courses:

Table 1

Check	Kit List
	A change of clothes for the end of the day (kept on shore)
	Synthetic underwear / swim wear
	Synthetic long-sleeved base layer
	Thin fleece
	Spare fleece
	Warm hat
	Cap / sunglasses for sunny weather
	Band to hold glasses / sunglasses in place
	Sun cream
	Midge repellent
	Packed lunch and snacks
	Drink (a hot drink in a thermos flask is good)

Sea Kayak Plockton can provide the following kit and equipment:

Table 2

Sea kayak	Various sizes and with adjustable foot rests and hip pads
Paddle	Right or left handed
Buoyancy aid	(Sizes S to XXL)
Spraydeck	
Long john wetsuit	A long wetsuit without arms. This allows freedom of movement and minimises over heating. (Sizes S to XL)
Cagoule	Waterproof kayaking jacket with hood. (Sizes S to XL)
Wetsuit boots	With a rigid sole ideal for walking over rough beaches (sizes 5 to 12)
Pogies	Special kayaking mitts to keep your hand warm in cooler weather
Dry bags	A waterproof bag that contains your personal items that you wish to take with you
Glasses string	A band that secures prescription glasses and sunglasses to your head

The size information that you provide on your booking form helps us to ensure we have the correct size kit and equipment for you.

Overnight camping equipment

For the Expedition Skills weekend and any other overnight kayaking camping trips, please bring the following with you in addition to the items listed in table 1. Please bear in mind that whilst kayaks have a fair amount of space for stowing items, please try and keep items as small and compact as possible. Sea Kayak Plockton will provide dry bags for you to put all your items in:

Table 3

Check	Camping kit and equipment
	Sleeping bag
	Thermarest / sleeping mat
	Stove / gas / cooking equipment / utensils / matches or lighter
	Food (breakfast / lunch / dinner / snacks)
	At least 2.5 litres of drinking water per person per day
	Tent
	Change of clothes, including a warm layer e.g. fleece
	Warm jacket / waterproof jacket
	Waterproof trousers
	Sturdy footwear
	Head torch and spare batteries
	Anti-bacterial hand wash
	Any other personal items / toiletries / medicines
	Toilet paper / small trowel