

Guidance for how to dress and what to take on a paddle trip

At any time of year it's one of those perennial questions that members ask each other. Below is a simple guide that may help you

As a minimum, you should wear suitable clothing (appropriate for the anticipated weather), and take a warm drink and some food with you.

If you are not wearing as a minimum items listed in the OK column you will be excluded from the trip despite the fact that you may be stood at the side of the water with your boat having travelled some distance. To avoid any embarrassment if in doubt speak to the trip organiser before the day of the trip.

	OK	Good	Best
Top Layer	A cagoule style windproof. Helmet *	A purpose made cag Gloves/neoprene Mitts & Helmet	Dry suit or dry cag & dry trousers Gloves/neoprene mitts Helmet
Middle Layer	Wetsuit***	Long John Wetsuit***	Specialist fleeces or one piece fleece suit
Base Layer	Tops made of wool (never cotton)	Tops made of wool or fleece material which retains heat when wet	Purpose designed fleeces such as Immersion Research, Palm, and Reed.
Feet	Plimsolls or neoprene shoes**	Neoprene Boots. ** Or Neoprene Socks & Lightweight Footwear	Purpose made footwear Fleece socks**

* A helmet is always a good idea when likely to come into contact with rocks or other boats.

**Footwear should be capable of remaining in place during a swim i.e. Well Secured to feet. Ideally it should have a robust sole which gives protection to feet and allows some grip on wet surfaces.

*** Cheap Lightweight Windproof Over trousers can be added in colder weather.

Other necessities include:

- A packed lunch and a flask with a warm drink. A chocolate bar in easy reach is a good idea if a sugar rush is needed.
- Keep some dry clothes to travel home – these are best left in your vehicle – and a towel. As changing is sometimes on the roadside and taking into account the canoeists code to change discreetly, please give some thought to the size of towel you need!
- Change for Car Parking and possibly buying extra food & drink.