

On Water Clothing:

Appropriate clothing and footwear is important :- Dress for the weather. and don't forget a canoeing towel.

Wear bathers under paddling clothes; shorts - **No very short shorts**, board shorts, $\frac{3}{4}$ length pants, track pants or thermal long-johns. In hot sunny weather, a long sleeved shirt is recommended to prevent sunburn on the arms. For cool or windy weather, a light waterproof jacket, windcheater/polo top will keep the cold out.



1 Absolutely **NO** denim is to be worn on the water - it acts like a Coolgardie safe when wet and makes the wearer very cold. Use other materials like wool, poly-cotton, polo fleece, micro-fibre or other synthetics etc.

2 Enclosed footwear such as old sandshoes/joggers/wetsuit boots/ Aqua socks etc are ideal. Laces must be done up. **No** thongs/crocks or gumboots. These will not protect feet from sunken branches/twigs/ rocks/broken bottles etc., that may cause injury. Gumboots will fill with water and pull the wearer down.

The shoes will get wet, so NO school shoes/leather boots!

3 A fully brimmed hat, (*bucket type hat*) with elastic to keep it on in a breeze, is essential for sun protection of face, ears and back of the neck, and to keep the rain off the face. *Peaked caps make the ears stick out and get sunburnt, and provide no protection for the back of the neck.*



4 Sunscreen should be applied before going on the water - face, ears, legs, arms and the backs of hands.



We recommend Zinc cream for lips, nose and ears - coloured for fun! A mere smear protects as well as a thick coat of it.

For cool/cold weather:-

A) Wear bathers under canoeing clothes



B) Fleecy track suit top, polo fleece, or woollen jumper over a t-shirt, thermal top etc.

C) Spicer jacket if windy or wet



D) Track pants, thermal long johns etc



E) Beanie/warm hat

F) Enclosed shoes that can/will get wet as above. If very cold, wear woollen socks with shoes

G) Have a towel and heavy plastic bag for wet clothing

If spectacles or sun glasses are worn, we recommend a piece of elastic tied to each arm, but not too tight around the head, be used. Glasses are expensive to replace.

PFD's — Assorted sizes are provided and must be worn at all times whilst on or near the water. You may bring your own if you wish but it will be checked by our instructors.

