

2-day Sea Kayak Course Gear List

Things to wear or put into your day pack on the first day

Water shoes/Sandals (Shoes that can get wet)	Sun Hat/Sunscreen/lip balm
Splash jacket (<i>A rain jacket works just fine for this</i>).	Dry bag/s
Thermals/Marino Base Layers (Top and bottoms)	Water bottle (1-2 Litres)
Warm layer (Fleece/woollen jumper) that can get wet	Sunglasses (with cord or
Shorts	Croakies)
Warm dry clothes to change into at the end of the day	Towel
Thermos with a hot drink/soup (if you have one)	
Warm top/jacket (down, synthetic or wool jackets are great)	Extra snacks & lunch

A wet suit is not necessary if you don't own one, but can be convenient for rescue training, these can be hired from Exit Surf for approx... \$20.00 per day but individuals will need to organise for themselves.)

Please note: Togs keep you quite cold when in a sea kayak so we don't recommend wearing togs/rash vests while on/in the water.

Stuff for at the cabins (can be packed in separate bag left in car)

1x Sleeping Bag & pillow	1x Towel & toiletries
1x set of clothes (something comfortable and warm)	

Stuff provided by OENZ unless you can provide your own

Single sea kayaks (double sea kayaks on request)	Paddle
PFD	Spray skirt
Bilge pump	Paddle float

We have a limited supply of dry bags available to borrow

Food

2 x Lunch	1x Breakfast
1x Snacks	1x Tea, Coffee, etc. (OENZ supplies basic tea and coffee)

1 x dinner (optional as you can eat out at the pub in Governors Bay on Saturday night, please note that dietary requirements can't always be met at the pub (so please check their menu online))