

## 4-day Sea Kayak Course Gear List

### Things to wear or put into your dry bag for the days on the water

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
Hut clothes (something comfortable and warm)	
1 x bedroll mat for overnight expeditions (OENZ can supply if you don't have one)	

### 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*

(Note: OENZ can supply tents, cookers, and gas for the overnight expedition)

### Accommodation:

Shared cabins accommodation at Living Springs. Option tenting on Quail Island.

**Food: Kitchen facility at accommodation are shared and include fridges and ovens.**

4 x Lunch

3 x Breakfast

4 x Snacks

Tea, Coffee, etc. (OENZ supplies basic tea and coffee)

3 x dinners (a van is available for you as an option is to eat out at the pub in Governors Bay on Saturday/Sunday night, please note that dietary requirements can't always be met at the pub (so please check their menu online).

1 x easy to make dinner as a possible overnight expedition on Quail Island is an option.

Note: The goal is to camp out on the final night; however, this is dependent on the weather, sea state, and group ability. The instructor on the day will make the decision on whether the conditions are suitable for the expedition to run. Therefore, the expedition is an option not a guarantee.

If you are unsure about meal options for the camp out, we recommend the brand Local Dehy as these are really tasty as well as being quite filling and very nutritious.