

2-day Sea Kayak Course Gear List

Paddling clothing and equipment (Worn and packed in dry bags in your kayak) Days 1-4

- Water shoes/Sandals (Shoes that can get wet)
- Splash jacket (A rain jacket works just fine for this)
- Thermal Base Layers (Top and bottoms) *Adrenalin 2P Thermals are the best for paddling.
- Warm layer (Fleece/synthetic jumper) that can get wet
- Board shorts or quick dry shorts
- Warm top/jacket (down, synthetic or wool jackets, kept in dry bag)
- Wetsuit (for rescue training)*
- Sun Hat/Beanie/Sunscreen/lip balm
- Dry bag/s
- Water bottle (1-2 Litres)
- Sunglasses (with cord or Croakies)
- Extra snacks & lunch
- Thermos with a hot drink/soup (if you have one)
- Small waterproof notebook (not essential, but some may find taking notes useful)

For end of the day (Can be left in the vehicle)

- Warm dry clothes to change into at the end of the day
- Towel

*A wet suit is highly recommended and will make rescue training more enjoyable as you will get wet multiple times, if you don't own one, they 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.

Separate equipment for accommodation

- Sleeping bag & pillow
- Towel & toiletries, face mask & hand sanitiser
- Hut clothes (something comfortable and warm)

Equipment 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

Accommodation:

Private Air BNB style accommodation.

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

- **2 x Lunch**
- **1 x Breakfast**
- **2 x Snacks**
- **Tea, Coffee, etc.** (OENZ supplies basic tea and coffee)
- **1 x dinners +** (An option is to buy and eat dinner 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).

If you have any questions regarding suitable paddling clothing, please don't hesitate to send an email to office@oenz.co.nz and we will be more than happy to recommend suitable options.