

## 2-Day Beginner 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.*

### **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:**

Accommodation is not included in this course. We recommend staying in Christchurch City Centre or South Christchurch. There are a few accommodation recommendations on our FAQ page. We offer a free pick-up and drop-off service from your accommodation for those travelling from out of town.

**Food:**

This is a self-catered course. Please bring along lunch and snacks and a large drink bottle each day. There are no shops or cafes close to our training locations.

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

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