

2-day Intermediate Sea Kayak Course Gear List

Paddling clothing and equipment (Worn and packed in dry bags in your kayak)

- 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 potential 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 any potential 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 the overnight camp

- Sleeping bag
- Towel & toiletries
- Head torch
- Hut clothes (something comfortable and warm)
- Bedroll mat for overnight camp (OENZ can supply if you don't have one)
- Camp cutlery and utensils: 1x fork/spoon, bowl, mug.
- Tent (OENZ can supply if you don't have one)
- Cooker and gas

(Note: OENZ can supply tents, foam bedroll, cookers, and gas for the overnight on Quail Island)

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:

We recommend staying in Christchurch City Centre or South Christchurch the night before your course. 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.

Night 1: Option of tenting or staying in Otamahua Hut on Quail Island.

Food:

(Note: Otamahua Hut does have a selection of eating utensils but does not have power, fridges, cookers or gas)

- **2 x Lunch**
- **1 x Breakfast**
- **2 x Snacks**
- **Tea, Coffee, etc.** (OENZ supplies basic tea and coffee)
- **1 x dinner** (easy to make dinner for an overnight expedition on Quail Island).

Note: The goal is to camp out; however, this depends on the weather, sea state, and the group's ability. The instructor on the day will decide 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 brands Local Dehy, Radix, Backcountry Cuisine or Real Meals for quick and easy freeze-dried meals, as these are really tasty, as well as being quite filling and very nutritious.

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.