



Participant to bring List for Kayaking / Rafting Course:

1. Indemnity form (attached)
2. Extra set of clothes
3. Extra pair of shoes / sandals
4. Toiletries
5. Sunblock
6. Medication (Inhaler)
7. Water bottle (At least 500ml)
8. Water shoes / Shoes – No slippers
9. Plastic Bag (for wet things)
10. Hat / Cap
11. Long sleeves / T-shirt / Board shorts
12. Sunglasses / Shades (With secure band / keepers) - Optional

***Note**

- Lockers will be provided to ensure safety of belongings.
- Bathing and changing facilities are available.
- Do remember to sound out to the coach if you are not feeling well.
- Spectacles need to be secured with bands or keepers.

****Please do not self-medicate with sea-sickness pills unless prescribed by a doctor from a clinic or hospital.**