

Kayak Essentials Sea Kayaking Courses - Recommended Equipment

Clothing

We recommend clothing that will provide cold water protection.

Air and sea temperatures, at any time of year in the UK, can require protection from the elements.

A dry suit is an excellent choice, although possibly too warm in summer months.

A sleeveless wet suit and paddling jacket is also a good option.

Separate top / bottom layers are comfortable, although offer less protection when swimming.

Suitable base layers - wool or synthetic - will provide comfort and warmth. Avoid cotton layers.

It is a good idea to carry some spare base layers during each paddling day - in case replacements are needed. You should also bring an extra outer layer, to remain warm during off-water breaks.

Footwear

Neoprene boots or shoes are ideal; alternatively, an old pair of trainers will suffice.

Avoid shoes with bulky soles - they are less comfortable and fit less well inside the kayak.

Buoyancy Aid

There are many designs and most options are OK - avoid excessively high-volume / bulky models.

If you do not have your own buoyancy aid, let us know and we will provide one for the course.

Spraydecks

If you are bringing your own sea kayak, please also bring a correctly-fitting neoprene spraydeck.

If using a Kayak Essentials sea kayak, we will provide a suitable spraydeck.

Helmet

We will need to wear helmets for some training activities.

If you have a paddling helmet, please bring it. If you do not have your own, please let us know.

Other items

Please also bring the following personal items each day:

- Water bottle and contents
- Flask and hot drink, if required
- Food (lunch & snacks) for the day
- Cap and sunglasses for sun protection
- Hat and spare layers for cold protection

We will provide all group safety equipment, including: first aid kit, repair kit, group shelter, hypothermic casualty care, spare sea kayak equipment, navigation equipment.

If you have any questions regarding recommended / required / provided equipment, please contact us for further advice.

There is an excellent kayak shop - www.summittosea.co.uk - in Holyhead, Anglesey. Contact Pete Baars for opening times and stock availability.

Please contact us at: info@kayakessentials.co.uk for further equipment advice.