

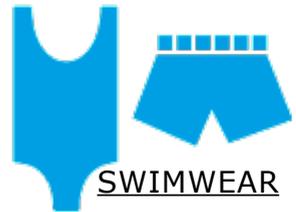
WHAT TO BRING



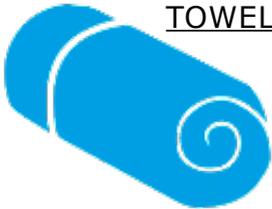
SHOES

These are a MUST. Please bring an old pair of shoes to wear on the water, we don't want you to hurt your feet and miss out on water-time.

We provide you with a wetsuit and a buoyancy aid, but don't forget to bring a swimsuit to put on underneath the wetsuit.



SWIMWEAR



TOWEL

An easily overlooked yet vital part of the watersports kit. Be sure to bring a towel with you to dry off at the end.

Feel welcome to bring any appropriate weather-dependent items you feel you might need. *

*(eg. water bottles/sun-cream/sunhat/thin waterproof/wooly hat)

IN ADDITION FOR ANYONE ON A... JUNIOR TRAINING CAMP OR JUNIOR ACTIVITY CAMP

- A packed lunch
- Snacks (enough for the day)
- Tuck Money (optional)

Please ensure everything you bring is named.

Please do not bring any food that contains nuts.

APPROPRIATE FOOTWEAR

It's really important to bring appropriate footwear that can be worn whilst you go onto the water. These are our guidelines to help you pick the perfect pair of shoes you to join you on your adventure with us...

1. Any old pair of trainers is absolutely fine.
2. If you have a pair of neoprene water shoes/boots then great, but don't panic if you don't have any - they're not absolute necessities.
3. No wellies.
4. Footwear should cover feet and not be so loose as to fall off easily.

LOST PROPERTY

If you find that you've lost something whilst at the centre please do get in contact. We keep a collection of lost property that gets cleared out monthly. Be aware that even if you contact us and we have your item we are unable to hold it indefinitely, so please be prompt in collecting any lost property. Items can be put aside for you for no longer than 24 hrs before they are returned to the lost property.



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