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SKILL CLASS

SUGGESTED CLOTHING AND EQUIPMENT LIST

Dress in a few light layers rather than one heavy one. This will allow you to adjust easily to changing weather conditions or activity level. I recommend synthetic fibers such as polypropylene or nylon because of their ability to dry quickly and polyester fleece for its ability to retain body heat when wet. You will put your feet in the water when getting in and out of the kayak, so be sure to wear footgear that you do not care about getting in saltwater. Wet suit booties, sandals, or old tennis shoes all work well.

If you choose to participate in the “capsize and rescue” portion of the class, it would be valuable to bring some extra clothing. Insulation and a rain/wind break for your torso is recommended. A drysuit or wetsuit would be a bonus!

BRING:

Shorts w poly long johns (really cool!) <i>OR</i>	Gloves: synthetic or neoprene
Pants that can “push up” to your knee	Footwear: wet suit booties, sandals, or old shoes
T-shirt/Long sleeve shirt	Sunglasses
Insulating sweater: long sleeve fleece	Sunscreen
Light Jacket for wind and/or rain	High energy snacks
Rain Pants	One quart (at least) of water
Hats: for sun or cold	

REMEMBER:

Bring high-energy snacks and at least one quart of water.
Use your own judgment to be prepared for weather changes.
You may not need all of this!