



# Day Equipment list

## Congratulations!

You are about to experience an amazing Journey, by kayak on the open water. It's safe, fun, healthy and, best of all, eco-friendly and sustainable for our fragile planet. Most importantly, to ensure you have a great and fun time, we've put together a list of things that you will need to bring with you to make sure your journey is safe, fun and memorable one!

## Schools/Organisation to provide...

- ✓ Zink Sticks (sun Zapper) Blue, Pink and White sticks (the brighter the the better)
- ✓ Sunscreen (30+)
- ✓ Student Medical Summaries to be carried by ECK staff member or participating staff members or School

### MEDICATION

- ✓ Ventolin & Asthma Action Plan (if applicable)
- ✓ 1 x Epi-Pen & Anaphylactic Action Plan (if applicable)
- Two Epi-Pens are a requirement for remote settings.
- ✓ Prescribed medication and dosages – parent's letter

## Equipment list

**Ensure:** All items on this equipment list are with you before your journey begins.

**Safety:** Medication and Medical summaries must be provided to school supervisors or East Coast Kayaking staff.

**Remember:**  
IT'S NOT ABOUT LOOKING GOOD,  
ITS ABOUT BEING SUN SMART!!



Safety



Sun Smart



Equipment

## Participant Equipment List

- ✓ Sunscreen (30+) & Sunglasses (UV protection)
  - Reasonably priced glasses are available at chemists \$25-35
- ✓ Long sleeved shirts with collar
  - Sun Smart (mum or dad's old work shirts are a great idea!)
- ✓ Full brim or legionnaire type hat
- ✓ 1 water bottle
- ✓ Polypropylene Thermal underwear (top) (NO cotton/nylon)
- ✓ Woollen or Fleece Jumper x 1
  - (NO cotton Jumps, cold when wet and dry slowly!)
- ✓ Shorts (quick-dry board shorts preferable (NO LONG PANTS))
- ✓ Tee-shirts LONG SLEEVE (NO singlet tops; think Sun Smart)
- ✓ Sturdy lace-up runners with good grip x 2 (NO slip-on, flip-flops or sandals)
- ✓ Cut lunch if for day programs
- ✓ **Change of Clothing for the end of the program as you may get a little WET!**