



KIT LIST FOR HOTDOGGERS

**COMPLETE CHANGE OF CLOTHING
FOOTWEAR PREFERABLY NOT TRAINERS
NO JEANS
TOWEL AND SHOWER GEL
WATER PROOF JACKET (OPTIONAL DEPENDING ON
WEATHER TO KEEP HEAT IN)**

You must shower after kayaking / canoeing

**You must bring any inhalers/ medication that you need and
give to the coach in charge of your group**

Most of all have fun!!