

Holiday Programmes

Kayak Day

Schedule

| Day | Activity | Meeting Location | Drop Off | Pick Up |
|----------|----------|--------------------------------------|----------|---------|
| Thursday | Kayaking | Caroline Bay, Timaru | 10am | 3pm |

Locations and activities are subject to weather conditions. We will get in touch if there are any necessary changes to this schedule.

Activities Overview

Kayaking

Jump in! Paddle, splash and play with a variety of games, activities and journeys designed to develop your kayak skills and explore. Start off with the basics of paddling skills and work your way up to games and challenges that may leave some of the group swimming instead! We'll go on a journey and have an opportunity to enjoy some of the views you can only get from on the water.

Age requirements:

Appropriate for ages 10+

Gear List

Compulsory

- Lunch and snack
- Sunscreen/sunglasses/cap
- Drink bottle
- Spare warm layers
- Togs
- Thermal polypro/woolen shirt
- Thermal/woolen/polypro/neoprene socks
- Spare fleece/polypro layer
- Old shorts (*for wearing over wetsuit*)
- Old pair of running shoes or swim shoes
- Spare change of clothes and shoes
- Towel
- **Any personal medication**

We Will Provide:

- All activity specific/technical gear required!
- Any additional *extra warm* gear

Optional

- Camera
- Your own wetsuit
- Thermal leggings (highly recommended on cooler days)
- Cap
- Beanie