

Allerthorpe Lakeland Park

Kit List



Please aim to arrive approximately 30 minutes before your booked activity to allow for administration and allocation of equipment.

Kayaks, Canoes, Pedalo's, SUP's, Raft Building R.O.K:

Secure clothing that will very likely get wet.

- Swimsuit
- Track suit bottoms
- Tee shirt
- Sweatshirt/Jumper
- Light waterproof
- Suitable footwear:
These must fasten securely with either Velcro or Laces, old trainers are ideal.
(NO CROCKS OR PUMPS PLEASE, these very regularly get lost in the water)
- Hat
- Gloves
- Sun Screen
- Towel
- Any medication required (please inform you instructor)
- A complete spare change of clothing

Aqua Park:

Wet suits, Buoyancy Aids and Helmets are provided with the session; we recommend wearing a swimming costume / under-wear under the wetsuits to prevent chafing from the wetsuit. Please ensure you bring a towel and spare clothing! Trainers/pumps and boots are not permitted on the Aqua Park. Water shoes/socks or bare foot only. Please ensure you bring sunscreen and any medication if required (please inform your lifeguard).

Allerthorpe Lakeland Park will provide buoyancy aids, helmets, spray tops and wetsuits as appropriate.