



Canoe Expedition Information 2009

What to bring:

- Complete change of dry clothes and footwear to cope with warm and cold conditions
- Swimwear and towel
- Waterproof cagoule – can be provided by Dallam
- Waterproof bottoms
- Hat, sunscreen and sunglasses (we live in hope!!)
- Torch and drinking mug
- Sleeping bag
- Sleeping mat (can be provided by Dallam)
- Large plastic 'bivvy bag' to put sleeping bag in if raining. (All outdoor shops stock these at a small cost – do not unwrap from packaging)
- Group tarpaulins will be provided by Dallam
- Tuesday evening barbecue will be provided by Dallam.
- £5 for breakfast at café Wednesday morning
- Food and drink suitable for day-time consumption (Tue and Wed lunch)
- A piece of foam 60cm x 30cm to kneel on in boat (kneeling is the best position to paddle a canoe)
- Waterproof barrels will be available at Dallam for kit which needs to be kept dry.
- Any medication required (this should be given to the staff with clear instructions).
- Please do not bring any electronic equipment e.g. Mobile phone, Nintendo DS, etc.
- Insect repellent (optional)

All specialist canoeing equipment will be provided.

Staff will talk through safety procedures and check equipment at the start of the course.

Dallam Training and Education Centre is licensed by the Adventure Activities Licensing Authority to undertake the provision of adventure activities as advertised, and under the conditions of the AALA ensures and maintains arrangements necessary for the effective implementation, control, monitoring and review of the measures necessary to ensure safety.

“make every experience count”



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