

What to Bring Kayaking

Meet at the boat launch at the **West End of Marine Drive and Bay Street** (unless otherwise indicated). The boat launch is at the end of the promenade at the last pay parking lot on west beach (approximately 4-5 blocks west of the pier). If you are standing facing the water, west is on your right hand side. Please be advised that White Rock has pay parking in effect

Please complete the **medical waiver form** and bring to the first class. Forms are available online.

**Recommended clothing list:

- A fleece jacket or non-cotton shirt is good insulation - followed by a wind breaker. Light layered clothing is your best choice -please avoid cotton.
 - Old pair of running shoes or neoprene booties - a Teva Sandal is fine for the summer; however, in spring and fall a bare heel will be resting on a boat hull that is the same temperature as the water. Wool or thermal socks will help insulate from the cold during spring & fall. (Your feet will get wet!).
 - Bring fluids to drink (water bottle)
 - Full change of dry clothing and footwear (do not forget to include undergarments in your clothing change).
 - A wind breaker or water repellent jacket.
 - Sunglasses and sun screen (a cheap pair of glasses is a good idea). If you have prescription glasses ensure you have a strap to secure them to your head to prevent loss.
 - Hat for head to reduce heat loss on a cool day and minimize sun exposure on a hot day.
 - Pack a light snack to help with energy
 - Ensure you have eaten prior to activity.
 - Towel to dry off.
 - A sense of adventure!
- Note: pay parking is in effect at White Rock Beach. Please note all instructional programs will take place off the Main beach in White Rock unless wind and tide result in a change of location. Participants will be informed in advance of any changes due to environmental conditions.
- Further inquiries can contact Howard Zatwarnitski at 604 535 7985. **Natural West Coast Adventures**

You won't believe all the things you can do!

www.whiterockcity.ca

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