**Exeter kit list**

For all Exeter/ Tiverton training you MUST have the following kit and carry it in your boat:

**Wear:**

Trainers of wet suit boots

Thick running leggings/ base layer trousers

Thermal top (potentially a fleece too if cold)

Thin waterproof coat/wind stopper layer

Beanie style hat/ baseball hat (other in spares bag)

**Carry in spares bag:**

**Each:**

Full change of clothes as above

Drink

High energy snack

**Per Boat:**

Mobile phone- Please programme this emergency number in: 07508387866

A dry bag will be provided per boat to put your spare kit in. Please double wrap everything in plastic bags to ensure it stays dry in case of a capsize.

Any parental support would be greatly received for our Exeter sessions so that we can post people more regularly along the canal to checkpoint students and be available in case of any problems. If parents are coming, please meet us in Michael Browning Carpark in Exeter EX2 8DP for 9:00am and I will provide them with maps/directions to a checkpoint and further information. Please let me know if you are travelling with parents rather than the school minibus so I know who to expect.

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