

## **WHAT TO BRING WITH YOU**

This subject is commonly overlooked by many, if playing on the water then comfort equals confidence, so please don't think because the sun is out that you will be warm and dry, the environment will always try and catch you out –first lesson-.

### **SSS supplies you with :**

- 4mm long wetsuit.
- Buoyancy aid.
- Changing rooms and showers.
- Secure boxes for your belongings.

### **What you should bring while on the water**

- Footwear you don't mind getting wet, preferably wet suit boots.
- A light waterproof jacket.
- Hat and gloves.
- A rash top is great for warmth under the wetsuit and will make wearing a wetsuit a lot more comfortable for you.
- Sun cream.

Depending on what activity you are taking part in, then your coach will advise you on the weather and if any stop offs will take place during the session, for example if any money is required for pub lunches, hot chocolate, refreshments etc.

**Please contact us if you are having any kit issues we are more than happy to help.**