

BREAKING WAVES ECO-ADVENTURES AND PADDLE SKILLS PARTICIPANT LIST OF REQUIRED EQUIPMENT/ MATERIAL

Kayak
Paddle
Canadian Coast Guard Approved Personal Flotation Device (PFD)
Paddle Float
15 m Floating Rope
Whistle
Bilge Pump
Waterproof Flashlight
Hat
Sunscreen
Bug Repellent
Snacks
Lunch (if a full-day course)
2 L of water
Sunglasses
Water shoes or sandals
Appropriate paddling/swimming clothes (NO COTTON!)
Raincoat/Paddling Jacket
A complete change of dry clothes and footwear
Towel
EpiPen or other personal medication (if required)