**WHAT WILL I NEED**

Glenmore Lodge has a large store of up-to-date clothing and equipment. We can provide all the specialist equipment you’ll need to paddle your first rivers.

GLENMORE LODGE CAN SUPPLY:

* White Water Kayak
* Airbags
* Paddle
* Buoyancy aid
* Helmet
* Spray deck
* Cag
* Wetsuit
* Wetsuit boots
* Drybags
* Paddling Trousers
* Pogies/Paddling gloves

YOU MAY ALSO WANT TO BRING:

* Off the water clothing
* Insulating layers – thermals or swimming clothes
* Fleece/insulated jacket
* Hat & gloves
* Flask/Water Bottle
* Blister kit/ small first aid kit
* Insect repellent