

Things to Bring for Paddling

**Please don't leave expensive things at the Clubhouse –
YCKC is not responsible for lost or stolen items.**

Lockers are provided on first-come-first-serve basis, so bring a lock.

Drop-In/Rentals

- Sunscreen
- Mosquito Repellent
- Hat
- Towel
- Sunglasses – with a strap or sunglasses you won't mind losing in the water if they fall off
- Sandals/shoes that can get wet at water edge
- Clothes that can get wet, and a change of clothes for afterwards
 - **No paddling without shirt (Drop-In)**

Competitive / Members

- Sunscreen and Mosquito spray
- RUNNERS – for dry-land training!!! [Competitive 1 athletes only]
- WATER BOTTLE
- Training Journal [Competitive 1 athletes only]
- Hat
- Snacks – Each family is asked to donate some healthy snacks to the “snack box” for hot days (granola bars, fruit – dry goods, etc)
- Warm clothes to change into (sweater, sweat pants, socks)
- Paddling clothes for ALL weathers – i.e.: Windbreaker for windy/rainy days and warm clothes such as mitts, socks, toque for cold days
- Bathing suit (optional)
- Light long sleeve shirt – **No paddling without a shirt (sunburns hurt ☹☹)**
- Shorts/light-weight pants - **NO JEANS!!**
- Sunglasses (you might lose them, so leave expensive ones at home ☺)
- Towel(s)
- Flipflops/sandals that can get wet
- Personal Hygiene products (deodorant, feminine products)

☞ **There is no running water at the clubhouse – that means no toilets ☹.**
There is a canteen and washroom a short distance away at the campground.
Please go before you come!!! ☺