



Open Canoe Spey ~ 1-Day Journeys What to Bring

Clothing:

Comfortable, warm layers for paddling ~ fleece materials or similar/jogging bottoms, etc. Avoid cotton items and no denim please ~ these have little insular value when dry and none when wet. Basically need to stay cosy but shorts are good to have for warm days, when the sun shines! Waterproof shell i.e. cagoule type jacket & over-trousers. (Wet suits or dry suits not appropriate.)

Footwear:

Training shoes or similar (even light walking boots) ~ that you don't mind getting wet whilst in the boat. Robust, outdoor sandals or light-weight, sailing type wellies are fine also too but there is a risk of losing wellies in the event of capsize!

Sun block/glasses (It is sunny sometimes but also high level of UV reflection from the water)

Insect Repellent (Maybe a midge head-net ~ normally only required on land)

Hat (For Warmth and/or Sun protection)

Camera ('reasonably safe' stored in one of our smaller dry bags)

Water (Can be a Zig type bottle or just some bottled)

Change of Clothing/Footwear ~ for the end of the trip

Packed Lunch (can go in a barrel or dry bag for 'safe keeping')

(Packed lunches provided if resident at The Beeches ~ B&B&B, Newtonmore)

We will provide the following ~

- **All guiding and instruction.**
Strokes taught incl. ~ forward/backward paddling; ruddering; drawing/prying; J-stroke; bow-cuts, self-rescue, etc.
- **All technical canoe equipment ~**
Incl. ~ canoes, buoyancy aids, *helmets, paddles, knee-pads, bailers, small dry bag ~ for personal items regularly accessed ~ e.g. camera, cagoule. (* not necessary to wear all the time)

I normally bring a stove for teas; coffees, etc.

Very ample packed-lunches can be provided, if arranged in advance of the day @ £6 pp

We have available a limited supply of items such as fleeces, waterproofs, etc., should you have difficulty in providing such items. Prior arrangement required if not resident at The Beeches.

Do not hesitate to contact me if you should require any further information.

For details of Spey Journeys log-on to ~ www.spiritofthespey.co.uk

For details of The Beeches and opportunities available ~ www.thebeechesnewtonmore.com