

WHAT TO WEAR

<u>SAILING</u> <u>SUNNY WEATHER</u> <u>SMALL BOATS</u>	<u>SAILING</u> <u>ROUGH WEATHER</u> <u>BIG BOATS</u>	<u>KAYAK / CANOE</u>	<u>WINDSURFING</u> <u>RAFT RACE & BUILD</u>	<u>RIVER TRIPS</u>
Waterproofs (Top & bottoms) or Wetsuit and Swimsuits. Wet shoes Hat & gloves Warm clothes under Waterproofs Old trainers	Same as for sunny sailing, but Wetsuits may not be suitable. Old trainers	Waterproofs or wetsuits and swimsuit. Wet shoes Hat & gloves Warm clothes under Waterproofs Old trainers	Shorts Wetsuit Wet shoes T-shirt Old trainers Come dressed in warm clothing Swimsuit	Swimsuit Shorts Warm jumper Long trousers Gloves and hat Old trainers Waterproof jacket and trousers Packed Lunch

<u>SKIING</u> <u>DRY SKI SLOPE</u>	<u>SKIING</u> <u>MOUNTAIN</u>	<u>ARCHERY</u>	<u>BIKING</u>	<u>WALKING</u>
Long trousers Long sleeved top Waterproof jacket and trousers Hat and gloves	Waterproof jacket and trousers Goggles and gloves Thermals and hat Jumper	Warm clothes Waterproofs Long sleeves	Warm clothes Waterproofs Long trousers and long sleeved top No peaked caps Packed lunch	Waterproofs Long trousers and long sleeved top Insect repellent Packed lunch

(Waterproofs can be hired from the Boathouse)

[Please ensure spectacles are well secured to a cord before going out onto the water]

(Wet trainers are shoes worn for the Watersports activities that you do not mind getting wet and sandy)

ALSO BRING

A large towel (for all those on Watersports)

Another pair of trainers (to wear dry in the evenings)

Stout walking shoes (for those that may be on Sport-a-day and will be hill walking)

Sunglasses

Insect repellent

Thermos Flask

Sun Cream

NOTE: Wetsuits are provided for windsurfing. Wetsuit are not provided for Sailing or Canoeing
LIFE JACKETS ARE PROVIDED AND ARE TO BE WORN AT ALL TIMES ON THE WATER

REMEMBER It is not much fun on the water if you are cold - dress warmly and you will learn more.

INSURANCE The Company is not liable for personal injury or loss or damage to your property, or that in your party, unless caused by the Company's negligence or willful default.

NOTICE TO HIRERS

Loch Insh Watersports is prepared to hire groups and individuals, equipment for most of the activities we promote. It should be noted however that you must give accurate information to us of your own ability and that of the people with you. It becomes your responsibility when hiring to see that you are not exposing your-self or your friends and family to a risk situation.

Please take note of the other notices at the point of hire and the instructions given to you.