

Sea kayak level 1 FQCK

List of participants

For this training you will need :

- Lunch et snacks
- Water for the day (1 liter minimum, 2 liters suggested)
- Hat or cap
- Closed shoes can go in the water
- Spare clothes (return home)
- Sun glasses with cordon
- Sunscreen
- And your most beautiful smile

For the one who have ther own kayak

- Kayak 13' (4. meter)
- Paddle
- Skurt
- floatation jacket
- Whistle
- Bailer or pomp
- 15 meter Rope

Notes :

- Depending on the location, there may be parking fee
- No accessible restaurant.
- Training to take place even in case of rain
- In the event of a storm, the training will be postponed (confirmation made by telephone by the instructor).