



Barefoot Adventures Inc.

Equipment List

Please come 15 minutes early ☺

How to Dress

Clothes: Kayaking is a water sport. You will likely get wet at least a little. And it is a sport, meaning you will want clothes you can exercise in. We want our guest to be comfortable throughout their adventure. Choose fabrics that dry quickly, insulate when wet, and wick moisture away from your skin such as polypropylene, capilene, neoprene, polyester, or wool. It is best to avoid cotton.

Shoes: We suggest you bring with you some sandals, water shoes, or shoes you don't mind getting wet. Getting in and out of the Kayak's can require your feet getting wet.

Suggestions:

- Filled water bottle or hydration pack
- Sandals, water shoes, old shoes,
- Bathing suit
- Hat
- Sunglass w/retaining strap.
- Sunscreen
- Windproof /waterproof jacket
- Towel and change of dry clothes
- Dry bag for your valuables, phone, camera (Barefoot Adventures is not responsible for any water damage your personal items may occur)

What not to bring.

- Fear
- Alcohol (Alcohol will not be tolerated. "Among adolescents and adults, alcohol use is involved in up to **70%** of deaths associated with water recreation")
- A bad attitude. (We want our guests to have fun and relax) ☺

Friend us and like us on Facebook and VK Contact

Please feel free to call us with any questions you may have