

Practical clothing recommendations & personal requirements.

We cannot be held responsible for the lack of comfort of our participants, or their exclusion from the activity, due to the non-conformity to the present informations.

ALCOHOL
0 %
ZERO

Cap or Hat.

Straps for glasses

Windbreaker and splashproof anorak K-Way style.

Swimsuit.

Sportswear adapted to outdoor practice & weather conditions.

T-Shirt, short or long sleeves, preferable in synthetic material.

Solid and fully closed footwear !

- No flip flops.
- No sandales.
- No crocs.

Barefoot is excluded !

Dry clothes, shoes and towel for after paddling.

A Able to swim for 15 minutes!

B Able to immerse your head at -1m !

C 1 Meter
Able to dive from 1 meter!

D No medical contra-indication for practicing canoe or kayak sports !