



Dear Parents/Carers,

Your child is due to be taking part a Paddlesports course. This will take place over two days. We are based at Pinkston Watersports Centre near Port Dundas in Glasgow.

During this course they will be taking part in Paddlesports activities delivered by professional Outdoor Instructors from Blairvadach, Glasgow City Council's Outdoor Education Centre. These activities will consist of canoeing and kayaking within a safe and controlled environment with expert instruction. The students will develop their confidence through learning new skills in an outdoor setting as well getting to explore some of the canals system of Glasgow on the water.

Safety equipment

We will provide all equipment that is required for our activities as well as being able to provide waterproofs and wellies, however your child will be required to bring some equipment such as a change of clothes and towel. Please find a full list below.

Kit list

- Lunch as normal for school day
- Old Trainers to protect feet during water-sports activities(in addition to normal foot wear)
- Full Change of clothes including underwear(wear clothes that can get dirty and muddy)
- Swimming costume or t-shirt and shorts to wear under wetsuit
- Towel
- Lots of layers for colder months (several jumpers are perfect and plenty of socks!)
- Hat and gloves if available
- Sun hat and suncream for sunny weather
- Any medication required such as inhalers

We also have a video on packing your bag <https://youtu.be/lvioJ02sID8>