



Garden Island
Paddling Activity
Youth Information



Contact –
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Clothing

As this is a water activity it is to be expected that all participants may get wet, hence a **FULL** change of clothing is mandatory.

Mandatory paddling clothing includes,

- Top with sleeves – no singlets exposing top portion of the arms are to be worn. We recommend long sleeves to aid sun protection and reduce exposure to mosquitos.
- Shorts / Hat – sun smart compliant - remember hats generally don't float, so we recommend a draw string on the hat.
- Boating shoes - old sneakers or water shoes NOT boots/waders/thongs/crocs.
- Spray jacket if weather cool.
- *** Note: no cotton clothing to be worn

Other items

- Full Drink Bottle (minimum of 2 litres)
- Lunch / Snacks in waterproof bag as may be taken on the water
- Sunscreen / Repellent – there are LOTS of mozzie's at this location
- Sunglasses / Glasses retaining strap – Scouts SA sunglasses strap can be purchased on the day for \$3 (cash)
- Bag for wet clothing / Towel