

## WHAT TO EXPECT ON A TRIP

- A deposit of £20 will secure a place on the trip. These can be paid from 3 months prior to the trip. This deposit is non-refundable unless the trip is full and your place can be filled with someone from the waiting list, or under special circumstances agreed by the committee.
- Accommodation is usually in a bunk house. You will need to bring a sleeping bag and pillow unless told otherwise. You will also need to bring a towel. Slippers or indoor shoes are also a good idea as we leave muddy boots/shoes at the door.
- Rooms range from 4-20 people, often bunk beds, with mixed sexes in each room. The club is sensitive that under 18's and others may wish to have single sex accommodation. If this is the case please talk to the trip organiser who will advise if this is possible on this trip.
- If someone wishes to come for only one night they will have to pay for both nights if they want a guaranteed space. If they leave it to the last minute and there is space left then they will only have to pay for one night.
- Kit (boat, paddle, deck, BA & helmet) for the weekend can be borrowed from the club for a wear & tear contribution (please see club website for contribution fee). Kit must be reserved in advance, and must be returned clean and dry as soon as possible after the trip. Any damage to borrowed kit must be reported to the committee.
- You are responsible for arranging how you and your kit are going to be transported. If you need help with this please talk to the trip organiser who will try to assist.
- Transport is usually shared as much as possible, fuel costs will be split among car occupants.
- Everybody is expected to help with the cooking, washing up, cleaning, etc.
- You will need to supply your own lunch/snacks, make sure you have some food with you for when you are on the water.
- The club recommends that you bring a flask for a hot drink, and a dry bag for extra warm clothes, lunch, etc while on the water.
- If you are under 18 you will need to have a guardian on the trip, this is usually the person who takes you on the trip. That person does not have to be present on the water, provided all agree. You will also need to bring a completed trip consent form, which can be downloaded from the club website.
- Paddling is at the discretion of the lead coach, this will be dependent on water levels and weather conditions.