

Suggested clothing options for courses and workshops:

- Shorts and T-Shirt over bathing suit (for swimming pool)
- Nose plug
- Swimming goggles
- Farmer John/Jane wet suit
- Paddling jacket or dry top or rain jacket (to wear over wet suit)
- Polypropylene underwear - wicks moisture away from skin (to wear under wet suit)
- Light weight and medium weight fleece tops (for layering if temperature changes)
- Neoprene booties
- Teva style sandals with wool socks
- Aqua socks with wool socks
- Fleece or wool toque
- Rain hat and rain pants
- Neoprene gloves or old ski gloves

NOTE: You will be practising rescue techniques in the water for both courses. This means you will get wet! Therefore, a wetsuit is required. If you don't have a wetsuit please borrow or rent one. Otherwise, you may get too cold and may not be able to complete the course.

Wetsuits are available to rent from Sports Rent: 250-385-7368
<http://www.sportsrentbc.com/>