

TOPEC RIVERSAFE GEAR LIST

2 x pairs Sport Shoes	at least 1 pair will get wet and worn in the river
Parka / rain jacket	Large waterproof and with a hood PVC or similar. (not a training shell top)
Socks	1 pair woollen socks for going in the water
2 Polyprop (One worn in the river)	
cap or sun hat.	
Casual warm clothes /sneakers	Wear these clothes to TOPEC to walk and play games, need to be able to do physical activity in them.
Fleece	For under wetsuit or for after being in the water
Towels	X 1
Swimming Gear	Togs Wetsuit if you prefer to use your own.
Medication and sunscreen	Personal medication
Black rubbish Bag	For wet and dirty clothes
Drink Bottle and lunch	1 Litre to 1.5 Litre is preferred.
Optional	Snacks

You are welcome to bring own wetsuit, we do provide them. Long wetsuits are preferred.

*Specialist items are available at TOPEC along with some wet suits and appropriate safety gear.

*TOPEC does not take any responsibility for any loss or damage to personal items that are used as part of any course offered by TOPEC. This includes but is not limited to cameras, cell phones, IPOD / MP3 players, cash and watches.