

## Rockaway Olympic Canoe and Kayak Club Training Program Checklist

1. Bathing suit for swimming. 1-piece the best. A tee-shirt that can go over it (and get wet) for very sunny days, too.
2. 1 set of clothes appropriate for kayaking, and which will get wet, so synthetics are better than cotton. Some kids prefer athletic shorts and shirt. Others prefer a bathing suit. But on sunny days we will want kids to wear a shirt over the bathing suit.
3. At least one set - and preferably two - of clothes appropriate for on-land exercise. Shorts and tee-shirt are fine.
4. A pair of sneakers appropriate for running. Some kind of sandal or water shoe that can get wet is very handy, too. However, this year we are NOT allowing flip-flops and other open-toed shoes, because kids tend to scrape their toes while running around in them.
5. At least two sets of long sleeve shirts & pants (jeans are fine) for wearing to dinner, etc.
6. A jacket or sweater for chilly days and a rain jacket for rainy days.
7. A hat of some sort, for sunny days.
8. Toothbrush, toothpaste, brush, shampoo, towel, sunscreen, etc.
9. 2 sheets, pillow and blanket (or sleeping bag)
10. Kids are welcome to bring their own kayak, paddle & PFD, but we will supply them to kids who need them.
11. It's fine to bring books, musical instruments, a board game, a favorite toy, a ball, but we don't want kids to bring electronic entertainment (e.g. videogames, DVD players, etc).
12. Kids can bring a cell-phone if they want, but we expect it to be kept in their cabin and used only for an occasional call to mom & dad (we prefer calls be made in the evening, say 7-8 PM).

We will provide all food and beverages. We don't want kids bring stashes of candy or junk food.

We don't want kids to have much money with them. There is nowhere to spend it.

We don't want kids bringing any sort of sharp or dangerous implements.

We have very little problem with theft, but things do occasionally go missing. The biggest problem is with kids leaving their stuff in odd places. For that reason, having several of something (like sneakers) is counterproductive. Kids will often use the second pair rather than look for the first.