

***What to bring: Day trip in Abel Tasman national Park***

**You bring** – hat, camera, sunscreen, swimsuit, water bottle, towel, insect repellent, and a warm change of clothes

**You wear** – shorts and a quick drying shirt or swimwear, a hat, and don't forget to bring some footwear, you don't mind getting wet. It's a good idea to bring something warm, thermals, polypropylene or wool

**We provide** – Paddle jacket buoyancy aid, spray skirt, dry bags, detailed map, first aid kit, V.H.F Radio, and of course the quality kayaks, and quality guide

***What to bring: Overnight Guided kayak Adventures:***

**You Bring** – Long pants t-shirt long sleeved shirt, warm fleece, trainers and socks, overnight sleeping clothing, swimsuit, towel, rain proof jacket, sunscreen, insect repellent, water bottle, camera and toiletries

**You wear-** shorts and quick drying top or bathing suit, a hat, and foot wear you don't mind getting wet

**We provide** - Paddle jacket, buoyancy aid spray skirt dry bag for camera, first aid kit, V.H.F marine radio cell phone, comfy two person tents, thermarest inflatable mattresses, sleeping bags, crockery, cutlery, gas stove and maps, quality kayaks and a quality guide.