



Dunard
Castlebay
Isle of Barra
Outer Hebrides
HS9 5XD

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HARRIS JOURNEY

Thank you for booking onto our 'Harris Journey' paddling holiday.

Equipment List

The following list of equipment is recommended for paddling and on land activities. Additionally, we recommend bringing personal clothing for the evenings and travelling.

Waterproof trouser (CWP provide paddling cag)	Swimming costume
2 base layers: micro fleece, synthetic/wool	Sun cream, Sunglasses/Cap
2 spare extra layers: fleece/wool	Camera (waterproof case essential)
2 sets of leg wear: fleece, quick drying walking trousers	Binoculars (waterproof case essential)
Waterproof jacket for land-based activities	Water bottle
Hat & gloves	Small dry bag for personal equipment (we provide larger dry bags for clothing and equipment)
Walking boots/shoes	Insect repellent/midge hood
Neoprene shoes (well worth the investment)	

We will provide all kayaking equipment including paddling jackets, buoyancy aids, spraydecks and dry bags. Please make sure you have waterproof trousers for use in the kayaks.

Camping Kit We will provide the catering/cooking equipment. You will need to bring along a tent, sleeping bags and sleeping mats and any other equipment you use whilst camping. A midge hood and repellent is also recommended.

We have a limited supply of camping equipment, which can be rented (£10.00 a night per person). Please advise us well in advance if you wish to hire equipment

What to wear on the water

We would recommend clothing that will be warm and comfortable over a period of time in a variety of weather. Normally a base layer of a synthetic, wool or fleece material is sufficient. However it is good to have an additional layer close at hand if you are cold or when we land. On top of this you will want to wear a waterproof kayaking jacket (we supply these).

For your legs quick drying walking trousers/fleece trousers are good. On top of these waterproof trousers help to keep the legs warm and dry. As a rule we do not wear wetsuits, these tend to get clammy and uncomfortable over the course of a day. We do not anticipate you capsizing and if it should happen we can land on a beach and change to dry clothes.

Camping Equipment

We will provide the catering/cooking equipment. You will need to bring along a tent, sleeping bags and sleeping mats and any other equipment you use whilst camping. A midge hood and repellent is also strongly recommended.

We have a limited supply of camping equipment, which can be rented (£5.00 a night per person). Please advise us well in advance if you wish to hire equipment.

Tour Itinerary:

Saturday is arrival day. Once we are all gathered we will head to our put in point to load our boats before kayaking to the first night's campsite.

Sunday-Thursday: Weather permitting we will spend the next five days and nights out camping, exploring in all directions both on land and of course on the water. Although we have many great trips up our sleeves we are happy to accommodate the group's wishes, whilst always keeping an eye on the winds and tides.

Friday: The trip will finish for the 7.30am Tarbert sailing to Uig, Skye or the 11.45am sailing from Lochmaddy (North Uist) to Uig.

Anything that is not required during the trip will be left in our minibus

Meeting You

We will meet at the Firstfruits tearoom (near the Tourist Information Centre) in Tarbert (Isle of Harris) for a pre-trip tea/coffee at 12.15pm

Payment

Please note that the balance of the holiday is due 60 days before the holiday commences.

Clearwater Paddling acts as collection agent on behalf of Dunard Holidays in respect of accommodation payments

Cancellation Of Booking: Insurance Sliding Scale

<u>Number of days before departure:</u>	<u>Cancellation Charges as percentage of holiday:</u>
More than 60	Lose deposit
41-59 days	Lose 45%
21-40 days	Lose 60%
0-20 days	Lose 100%

Bank Details:

Clearwater Paddling Limited
RBS
Account 00247404
Sort Code 83-27-12

BIC: RBOS GB 2L

IBAN: GB77 RBOS 8327 1200 2474 04

Insurance

As a reminder we strongly recommend purchasing suitable holiday and cancellation insurance cover.

Finally.....

If there is anything else you would like to know please do not hesitate in contacting us. We are looking forward to meeting you and having some great days paddling.

Many thanks Chris Denehy

CLEARWATER PADDLING MEDICAL FORM

(Please return this form and the balance of the holiday payment 60 days before departure)

TOUR DATE: _____ LOCATION : _____

NAME _____ DATE OF BIRTH _____

HOME ADDRESS _____

_____ POST CODE _____

TELEPHONE NUMBER _____ EMAIL ADDRESS _____

CONTACT IN CASE OF EMERGENCY _____

NAME AND ADDRESS OF DOCTOR _____

_____ TELEPHONE _____

HEIGHT _____ WEIGHT _____ LEFT OR RIGHT HANDED? _____

DATE OF LAST TETANUS INOCULATION _____

ARE YOU PRESENTLY ON ANY MEDICAL TREATMENT? (please circle) YES NO.

IF YES PLEASE GIVE DETAILS _____

PLEASE GIVE DETAILS OF ANY MEDICAL CONDITIONS, ALLERGIES OR AILMENTS THAT MAY AFFECT YOUR PERFORMANCE OR SAFETY

DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS? _____

I understand that the nature of Clearwater Paddling sea kayaking trips involves an element of personal risk and potential dangers than the more usual holiday.

For safety reasons I agree to follow any directions given by Clearwater Paddling employees.

I agree to pay the balance of the trip I booked no later than 60 days before departure.

I understand that Clearwater Paddling have the right to cancel the trip up to 14 days before departure. We shall offer an alternative booking or refund all monies you have paid, but we shall have no other liability.

I understand that if I cancel my booking, a sliding refund scale will apply.

Signed _____ Date _____

PADDLING EXPERIENCE (please circle) 0 DAY 1-2 2-5 5-10 10-15 15+

Details of kayaking expereinece: _____

TRAVEL PLANS

ARRIVAL Time and date _____ Mode of travel _____

DEPARTURE Time and date _____ Mode of travel _____