Thank you for booking onto our ‘Tall Ship’ 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.

Bedding and Towels: Bedding is provided, but please bring your own towels.

**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.

**Tour Itinerary**
Our start and finish point will be Lochmaddy on North Uist
We deliberately keep this tour flexible so we can make the best of the weather.

**Trip 8th-14th July**
8th The trip begins at 11.15am with the arrival of the Uig ferry. We will get the opportunity to sail and kayak on our first afternoon.
9th-13th: We will spend the next 5 days both sailing and kayaking using the best conditions to explore St Kilda, the Monach Isles and the Sound of Harris
14th: Early departure for 7.30am ferry to Uig
**Trip 15th-21st**

15th: The trip begins at 11.15am with the arrival of the Uig ferry. We will get the opportunity to sail and kayak on our first afternoon.

16th-20th: We will spend the next 5 days both sailing and kayaking using the best conditions to explore St Kilda, the Monach Isles and the Sound of Harris

21st: Early departure for 7.30am ferry to Uig

**Travel to North Uist**

**Ferry:** The Caledonian MacBrayne ferry runs from Uig on Skye to Lochmaddy on Norht Uist. For more details go to www.calmac.co.uk. We will meet you off the ferry when you arrive in Lochmaddy.

**Flying:** Logan Air operate daily flights to Benbecula from Glasgow airport. You can find the searchable timetable at www.loganair.co.uk. The airport is about 18 miles from Lochmaddy. You would need to organise a taxi or bus to get to Lochmaddy for 11.15am on the first day of the trip.

**Please let us know your travel plans to and from Uist, both mode of travel and arrival times**

**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*

<table>
<thead>
<tr>
<th>Cancellation Of Booking: Insurance Sliding Scale</th>
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</thead>
<tbody>
<tr>
<td>Number of days before departure:</td>
<td>Cancellation Charges as percentage of holiday:</td>
</tr>
<tr>
<td>More than 60</td>
<td>Lose deposit</td>
</tr>
<tr>
<td>41-59 days</td>
<td>Lose 45%</td>
</tr>
<tr>
<td>21-40 days</td>
<td>Lose 60%</td>
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<tr>
<td>0-20 days</td>
<td>Lose 100%</td>
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**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 _______________________________________________________________

________________________________________________________________________________________________

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 experience:________________________________________

TRAVEL PLANS

ARRIVAL

Time and date _____________________________________ Mode of travel__________________________

DEPARTURE

Time and date ____________________________________ Mode of travel__________________________