



Dunard  
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Isle of Barra  
Outer Hebrides  
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## **WILD UIST**

Thank you for booking onto our 'Wild Uist' 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.

### **Travel to Uist**

**Getting to Uist is a little complicated due to there being several entry points.**

**Once we have everyone's travel plans in place we will send out pick up times and locations.**

**The last pick up point will 11.50 am at Benbecula airport.**

**Ferry:** Caledonian MacBrayne ferries run from Mallaig to Lochboisdale (South Uist), or Uig to Lochmaddy (North Uist).

For more details go to [www.calmac.co.uk](http://www.calmac.co.uk)

**Flying:** Logan Air operate daily flights to from Glasgow to Benbecula.

For more details go to [www.loganair.co.uk](http://www.loganair.co.uk).

**Travel via Barra.** Alternatively, you can take the option of travelling to Barra on the Friday before the trip begins, and drive up and catch the short ferry to Uist with us on the Saturday morning of the trip.

Ferry Oban-Castlebay [www.calmac.co.uk](http://www.calmac.co.uk) Fly Glasgow to Barra [www.loganair.co.uk](http://www.loganair.co.uk)

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

### **Tour Itinerary**

We deliberately keep this tour flexible so we can make the best of the weather.

**Saturday:** We will be catching the ferry over from Barra at 9.25am, arriving in Uist for 10.00am and can pick up from Lochboisdale at 10.30am and Benbecula airport at 11.50am. If you are travelling via Uig-Lochmaddy we would ask you to make your way to Benbecula airport for 11.50am (Picks up are subject to change)

Once we have everyone on board we will drive to our put in point, pack the kayaks and head off for our first night's camp

**Sunday-Thursday:** We will spend the next five days working our way along the coastline of Benbecula, Uist and the Sound of Harris taking time to explore both on land, and of course on the water.

**Friday:** The trip will finish early and will depend on people's travel plans.

### **Payment**

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

#### **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 experience: \_\_\_\_\_

## TRAVEL PLANS

ARRIVAL Time and date \_\_\_\_\_ Mode of travel \_\_\_\_\_

DEPARTURE Time and date \_\_\_\_\_ Mode of travel \_\_\_\_\_