



## WEIR WOOD RESERVOIR



### Directions

#### Meeting Place

We will meet you in the car park of **Admiral's Bridge Lane** (the car park is the last turning on the left before you reach a wire fence and gates). **Please Note:** note that this is a very small car park and if full there is enough parking for 3-4 cars at the entrance to the Admirals Bridge Lane) – Please do not obstruct the entrance to the house.

#### By Car

**Post Code:** RH19 4NN

#### From A22 (East Grinstead)

Continue to follow London Rd until you reach Judge's Terrace; turn right at the mini roundabout then at the next mini round about turn left on to Ships Street. Continue on until you reach the next mini roundabout then take a right on to Dunnings Rd. Continue on for another 1.6 miles then as you descend a steep and hill the road bends to the right with a left turn, take the left turn into Admiral's Bridge Lane (not sign posted) the car park is at the end of the lane on the left.

#### By Train

Take the train to East Grinstead; from there you will need to take a taxi to the kayaking venue,

#### Late / Lost

Unfortunately the phone reception in the area can be poor, if you are running late please contact us on **01273 358 359** listen to the options and select the one to be diverted to your instructor. **Please note:** that instructors can't pick up answer machine messages, so if you don't get through to them please try again (they may be running a course).

If you are more than **20mins** late it is likely we'll be on the water and out of contact, you will be unable to attend the course.

#### The Weather

The weather will not affect this activity, so please ensure that you are prepared.



## **KAYAKING EXPERIENCE**

### **Kit List**

#### **Administration**

- Payment / Voucher
- Medical Form

#### **Clothing**

- Full change of clothes to go kayaking in, including footwear, and underwear. Clothing should be suitable for the time of year\*
- Waterproof jacket and trousers
- Extra jumper
- Warm hat / sun hat
- Gloves
- Towel

#### **Food**

- Packed lunch (is recommended)

#### **Accessories**

- Sun screen
- Sun glasses
- Camera

#### **Medication**

- Tablets, Inhaler etc.

The above list is just a guide and appropriate clothing for the time of year should be worn.

\*Clothing should comprise of several layers to trap the warmth. Please do not wear denim as it restricts movement, is cold when wet and is slow to dry. You must wear footwear whilst kayaking (old trainers, plimsolls) please don't wear sandals.

You will be provided with a windproof top and a buoyancy aid for the course.

**Please note:** There are no changing facilities on site; you will need to change in the car park.