



## VUELTA IBIZA KAYAK

### WHAT DO YOU NEED?

#### Personal

It is indispensable to be healthy, able to swim and feel like having fun. It is not necessary to have any previous experience with kayak or been a sportive person.

#### MATERIALS TO BRING

sleeping bag	Medium temperature, not too big. Avoid sheet bag, bring a proper sleeping bag.
mat	If you can not bring your own mat you can rent it for 5 €, point it out on the box while doing the booking
thin towel	Not a big one!
two swimming costumes or bikinis	
plate, glass and cutlery	plastic or aluminium
torch and batteries	
cámara	
antimosquito lotion	
water bottle	better opaque
sun cream	
sunglasses	
cap	
1 change of summer clothes	
long sleeve and long trousers	
adventure sandals	to walk through the rocks
diving mask and tube	If want to dive
toilet bag	
old backpack	able to get wet
biodramina pills if you get seasick	better with cafein
gloves to paddle	it is not required but recommended
pocket book	optional
pen	
ID card and insurance card	

#### Food

You have to bring your own food for migday. We include four of the six dinners and all the breakfasts. We include unlimited water and energy bars during the day.

Recommended food to bring: cold meat, fruit, nuts, bread, tins, etc...

During the trip there will be several stops at a supermarket and, if the group wants, we will stop at places with stalls to have lunch there.

#### Material provided by Vuelta Ibiza Kayak

Kayak (single or double) & Kayak paddle

Life jacket

watertight container (1 per kayak)

watertight bag (1 per kayak)

support boat & first aid kit

**All the material you bring to the island but not to the kayak trip can be kept by vueltaibizakayak and return at the end of the trip.**