

Water Chestnut Uniform & How to Prepare



Bucket Hat for sun protection (optional but strongly recommended)

Shirt: Long-sleeved VYCC sun shirt or short-sleeved VYCC t-shirt (provided)

Life Vest/PFD: All VYCC staff and participants are required to wear a PFD at all times when on the water (provided)

Pants: Option to wear lightweight hiking pants or shorts. Long pants are strongly recommended due to their extra sun protection

Shoes: Option to wear sandals, water shoes or sneakers. No flip flops or hiking boots.

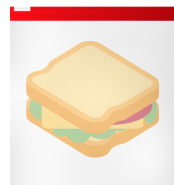
There are frequently times where you will be on the water all day without returning to the trailer at lunch. Be prepared for anything by always packing these items into your boat:



Hydration: Each person should bring at least 2 large (full) water bottles.



Sunscreen: Leaders should always pack a bottle of sunscreen (provided by VYCC) to share with the crew. Individuals may also choose to bring their own.



Food: Most of the items you put in your kayak will get wet. Avoid soggy sandwiches at lunch by packing food in waterproof containers or ziplock bags.



Extra Layers: Weather changes quickly on the water. Pack a rain jacket and rain pants even if it is a sunny day.