

KanuRaft s. à r.l.
L-7254 Bereldange (Luxembourg)
PRACTICAL INSTRUCTIONS

ALCOHOL
0 %
ZERO

Cap or
Hat.

Straps for glasses



Sun protection
lotion.

Swim suit.

Sportswear **adapted to**
outdoor practice &
weather conditions.

anorak K-Way style.

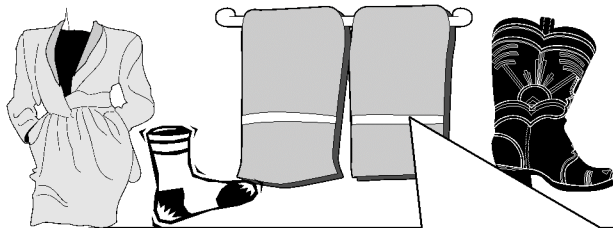
T-Shirt short or
longsleeves, preferable in
synthetics.

Fully closed footwear !

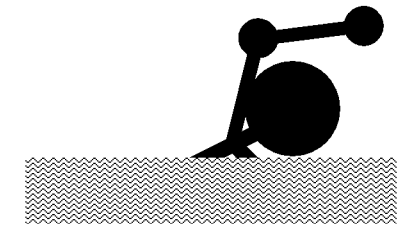
No flip flops.
No sandals.
No cros.

Barefoot is excluded.

Dry clothes, shoes and towel for after
paddling.

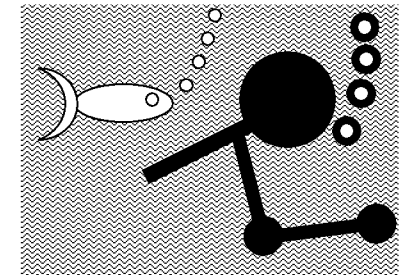


A



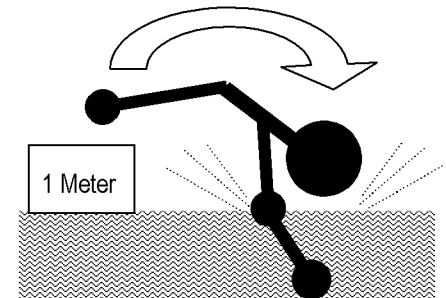
Able to swim for 15 minutes!

B



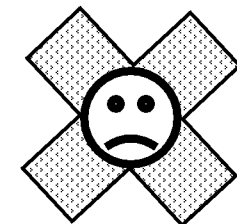
Able to submerge your head at -2m !

C



Able to dive from 1 metre!

D



No medical contra-indication for practicing
canoe or kayak sports !