

Women's Social Paddle
<Enter Name of the Paddle>



<Date and time of Paddle>

<Club and Address Details>

<Ramble Leaders Name>

<Blurb about the Paddle>

What to Bring?:

- Boat, Paddle and PFD (if you have already)
- Paddling clothes and footwear is recommended
- Towel and change of clothes for after paddle
- Hat and sunglasses
- Water bottle
- <Money in snap lock bag for coffee and cake>

What is Provided?

- ✓ New friends to paddle with in an all women environment
- ✓ A qualified female guide to lead paddle
- ✓ Hot shower
- ✓ Tea/Coffee
- ✓ Gear can be organised if required (contact

Registration date: (ie: Please register by Friday 18 July 2014)

How to register:

Name:

Email:

Phone number:

Website: