



STA Open Water Safety Award

I am looking forward to meeting you for your course!

Suggested Kit List
Theory Work
<ul style="list-style-type: none">• Pens / pencils - you may want different colours• Blank paper• Blank risk assessment sheets• Clipboard / something to lean on
In-Water Activities
<ul style="list-style-type: none">• Swimming costume (s) / trunk (s)• Wetsuit (s) and or drysuit (Please ensure you are competent swimming in a drysuit)• Buoyancy Aid*• Footwear for in water work• Towel (s)• Flip flops / crocs
Dry Land Activities
<ul style="list-style-type: none">• Waterproofs• Appropriate footwear for site visits (some sites are rocky / on uneven ground)• Warm layers - we are outside for the duration of the course• Hats, gloves, scarfs

*Optional

Please bring money with you for car parking - we may stop off for food / snacks in the cafes too.