

Litterpicking Guide

Fancy doing your bit to help the environment? We've put together a list of equipment and tips for if you'd like to do a litterpick while you walk or paddle along the river.

Equipment Checklist



Safety Tips

(especially for on the road)

When you are picking up litter, make sure you:

or bin bag

- Never touch rubbish with your hands.
- Be careful around slopes and ditches, don't worry if there's rubbish you can't reach, focus on the bits which you can!
- Make sure to wear suitable clothes ideally covering your arms and legs, as well as trainers or other sensible footwear.

After you have finished your litterpick, make sure you know where you can take your rubbish for proper disposal.

If you'd like to take your litter pick on water, we'll lend you all the equipment with your paddleboard or kayak hire.

About Epic Life

At Epic Life, we want to share our love for the outdoors through paddling, walking and other outdoor adventure activities to as many people as possible. We offer a wide variety of paddle classes and social sessions across our three sites in Tonbridge, Bodiam and Hastings for all ages and abilities. The main aim is to get people out on the water to have fun and feel safe in a social, friendly environment.

We believe that in order to fully enjoy the outdoors we need to look after it. This is why we organise and get involved with regular litter picks to care for the local environment and make sure that it will be there for us to share and enjoy in the future. Every bit helps, even picking up just one piece of litter each time you go out adds up and helps keep our outdoor spaces clean.



If you're interested in hiring a paddleboard or kayak to explore the Rother, please get in touch!

Contact Us

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Bodiam Rother Guide

Paddle guide with historical landmarks found along the River Rother



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