

Canoe / Kayak Level 1 Course

Clothing and Equipment List

Minimum Clothing Requirements

COLD WEATHER.

1. Wet boots, or track shoes and wool socks. **NO THONGS, SANDALS, PLASTIC SANDALS OR LEATHER BOOTS.** Protecting feet when walking on land or in water.
 2. Track suit and/or long legged/long sleeved thermal or woollen underwear. Should not be cotton clothing.
 3. Woollen jumper.
 4. Windproof top. (i.e. cag, slicker, spicer jacket etc.) Possibly water proof trousers if available. These are to maintain body warmth even if wet. (Avoid large pockets and hoods which catch water.)
 5. Woollen hat, beanie or balaclava to go under the helmet.
- N.B. Items 2 may be replaced by a wetsuit (eg. 2mm-3mm armless) but this still needs a windbreaker or slicker for warmth

HOT WEATHER

1. Wet boots or track shoes with or without socks
 2. Sun protection for arms and legs (Long sleeved shirt and long pants or thermals preferred.)
 3. Loose fitting clothing.
 4. Shade hat.
 5. Sun screen for all exposed skin and lips.
- Consider water temperature and wind chill not just ambient temperature.

ADDITIONAL

Spare change of dry clothes to leave in the cars is a must. Comfort and warmth at the end of the day.

Personal flotation device (PFD) for all participants. Safety first.

KAYAK REQUIREMENTS

- 1) 1 kayak per person
- 2) 1 double bladed paddle per person.
- 3) Skirt.
- 4) Foot peddles.
- 5) End loops
- 6) Proper flotation.

CANOE REQUIREMENTS

- 1) two people per canoe.
 - 2) Three paddles per canoe.
 - 3) Paddles preferably aluminium shaft, plastic blade, or sturdy wooden shaft and fiberglass blade.
 - 4) End loops or toggles.
 - 5) Proper flotation
- NO BROOM HANDLE AND THREE PLY BLADES.**

Leader extras to consider

First Aid Kit, mobile phone, whistle, waterproof torch, waterproof map, recovery rope and karabiners, 2 throw bags, repair kit, spare paddle, spare tarp, sharp knife and compass. Leaders may choose to wear (or fit to boat) individual tow lines with carabiner and quick release device. Spare clothing and a bivy bag and synthetic full zip sleeping bag for hypothermia. Spare energy food and drink