

## Equipment Lists

It is not necessary to buy lots of expensive equipment just to try paddle-sports. The club may be able to supply the basics in the early stages. If you decide to carry on in the sport, you can ask instructors and experienced paddlers for advice, try out other peoples' kit, and buy your own equipment bit by bit.

Many of the items listed below are only suggestions. Much depends on the season, the weather, and the paddling you intend to do (as well as training and personal preference for more experienced paddlers).

If you have any questions on what to bring please speak to an instructor. They will be delighted to advise.

### 1. What to bring to "Taster" Sessions...

- Swimsuit/trunks
- Old Trainers (either slip-on or Velcro, but preferably NOT lace-ups) or Water shoes / Wetsuit boots if you have them
- Synthetic T-shirt or close-fitting long sleeved top (e.g. walking base layer, football shirt, or light fleece) but NOT cotton as this is very cold when wet.
- Lightweight cagoule
- Tracksuit bottoms or waterproof trousers
- Towel
- Warm clothes to change into
- If you wear glasses, bring a safety cord. They don't float!

An everyday splash-proof cagoule is fine for summer and general paddling where you are not expected to spend much time immersed in the water.

In colder weather, you may wish to add

- Socks (again, NOT cotton; preferably wool)
- Lightweight fleece top

If you use any essential medication (e.g. inhaler, Epi-pen, glucose) carry it in a waterproof pouch secured to your person. Ensure your group leader knows about it and where to find it in an emergency.

### 2. A Beginners' Kitlist...

#### For summer paddling:

- Swimsuit/trunks
- Close-fitting base layer top
- Summer weight "Shorty" or "Long-john" wetsuit
- Dry or semi-dry cagoule
- Buoyancy Aid (a.k.a. Personal Floatation Device or "PFD")
- Wetsuit shoes/boots or river boots
- Helmet
- Spraydeck
- Paddle
- Kayak

A Dry or Semi-dry cagoule is a specialist paddling jacket that forms a watertight seal at the neck, waist, and wrists. It keeps water out and reduces wind-chill.

**It is a good idea to bring or carry:**

- Drinking Water
- Carbohydrate rich snacks
- Thermos Flask & packed lunch (depending on weather and trip duration)

**For winter paddling, consider adding:**

- Neoprene skull cap
- Neoprene socks
- Full length wetsuit
- Watersport gloves or "Pogies" (special mitts that attach to the paddle shaft)

**3. Suggested Intermediate/Advanced Kitlist...**

As above, and consider:

- PFD with a Rescue Harness
- Whistle
- Throwline
- Knife
- Towline and/or Webbing Sling
- First Aid Kit (including Exposure bag and Space Blanket)
- Head Torch
- Mobile Phone
- Pin Kit (Karabiners / Prusiks / Slings / Pulleys)

**4. Suggested Group/Expedition Kitlist...**

(especially if paddling in remote or inaccessible areas)

In addition to your personal kit, as a group, consider carrying:

- Split Paddle(s)
- Group Emergency Shelter
- Group First Aid Kit
- Dry Clothes (big enough to fit the largest group member!)
- Waterproofs
- Repair Kit (e.g. duct tape, plastic patch, electrical tape, needle & thread)
- OS Map
- Food
- Fire Kit
- Bank Rescue Rope

\* \* \*