



## PLACID WATER KIT LIST

### REMEMBER YOUR CONSENT FORMS

NO CONSENT FORM - NO PADDLING - NO EXCEPTIONS. If Under 18, the consent form MUST be signed by a parent/guardian.

Tick the box as you pack it.

### Paddler. To be worn. REMEMBER: dress for the weather conditions!

- Buoyancy aid
- Spray deck (ONLY if you can do a capsizing drill whilst wearing one)
- Wet suit / dry trousers
- Thermal layer/s
- Gaiters or similar windproof layer
- Hat
- Gloves/paddle mitts (optional)
- Socks
- Footwear (trainers, wetsuit boots or river shoes)

**Paddler. This kit must be in your boat or where you can get at them (you may be able to store some of your kit in an open canoe, please ask someone to do this for you. Make sure the kit is in a waterproof bag).**

- Paddle (don't forget yours! Don't laugh, it has happened.)
- Air bags (fitted in the boat)
- Packed lunch. Lots of high energy food: cereal bars, chocolate, butties
- Plastic bag to put your litter in
- Hot drink
- Water
- A spare layer of warm clothing (e.g. a fleece or long sleeved sweater)
- Spare socks.
- Waterproof bag to put it all in (drybag, bin liners)

### The coach in charge will carry:

- Your consent forms (for medical information and emergency contacts)
- Map, compass and whistle
- Torch
- Mobile Phone
- First aid kit
- Throw line
- Tow line
- Stove and brew kit, spare food.
- Spare fleece and thermal layers
- Emergency shelter
- Water
- Spare kayak paddle
- Repair kit and river knife

