

Kayak Kit List

We will be supplying you with:

A Kayak or a Canoe, with air bags and a properly fitted and adjustable footrest as applicable;
A paddle;
A Personal Flotation Device (Buoyancy Aid);
A spray-deck;
A helmet;

You need to bring:

To be worn in the kayak:

Shoes that will not fall off your feet if (when) you take a swim or walk;
Waterproof and windproof top **and** trousers;
Wet suit or alternative clothing approved by us worn over warm clothing, fleece is the best);
Waterproof bags or other containers for kit that fit inside the kayak or canoe you are using;
Gloves or alternative means of keeping hands warm;
Neoprene hat that covers your ears to wear under your helmet or alternative;

To go in the kayak (in a dry bag):

Flask for hot drink;
Lunch container;
Spare warm top;
Survival bag;
Personal first aid kit (and the ability to use it);

To be left in the van at the start:

A Towel;
A set of dry clothing to change into.

If you have any problems we do have some spare kit that you can borrow

For more details please contact canoecub@graveshamexplorers.org.uk .
This is organised by a BCU Coach L3