

## Kit List for Canoeing Surfing

Last reviewed: 26 April 2006

### Winter

#### Group Equipment

- First Aid Kit
- Survival shelter / exposure bag
- Canoe repair kit
- Whistle

#### Individual Equipment

- Change of clothes and towel
- Kayak \*
- Paddle \*
- Spray deck \*
- Buoyancy aid \*
- Helmet \*
- Paddle jacket \*
- Wetsuit long John \* / dry suit
- Wet suit boots \* / foot wear
- Thermal base layer (not a cotton tee shirt)
- Unbreakable flask for hot drink
- Food snacks

# Avon Outdoor Activities Club

\* Available for hire from AOAC

### Summer

#### Group Equipment

- First Aid Kit
- Canoe repair kit
- Whistle

#### Individual Equipment

- Change of clothes and towel
- Kayak \*
- Paddle \*
- Spray deck \*
- Buoyancy aid \*
- Helmet \*
- Paddle jacket \*
- Wetsuit long John \* or shorty \* / shorts (as applicable for weather)
- Wet suit boots \* / sandals
- Thermal base layer (not a cotton tee shirt)
- Water bottle
- Sun tan lotion
- Food snacks