

Kit List for Canoeing Coastal Sea Touring

Last reviewed: 26 April 2006

Exposed Locations

Group Equipment

- First Aid Kit
- Survival shelter / exposure bag
- Canoe repair kit
- Spare split paddles
- Spare dry clothes
- Dry bags
- Map / chart and compass
- Torch / light stick (if applicable)
- Tow line
- Distress Flares
- Strobe lights
- Mobile phone
- GPS (optional)

Individual Equipment

- Change of clothes and towel
- Kayak *
- Paddle *
- Spray deck *
- Buoyancy aid *
- Whistle
- Helmet * and sun hat (as applicable for weather / sea state)
- Paddle jacket *
- Wetsuit long John * or shorty * or dry suit or shorts (as applicable)
- Wet suit boots * / foot wear
- Thermal base layer (not a cotton tee shirt)
- Unbreakable flask for hot drink & water bottle
- Food snacks / lunch & spare food
- Sun tan lotion and sun glasses (inc string tie).(if applicable)

Avon Outdoor Activities Club

* Available for hire from AOAC

Sheltered Locations

Group Equipment (if applicable)

- First Aid Kit
- Survival shelter / exposure bag
- Canoe repair kit
- Spare split paddles
- Spare dry clothes
- Dry bags
- Map / chart and compass
- Tow line
- Distress Flares
- Strobe lights
- Mobile phone

Individual Equipment

- Change of clothes and towel
- Kayak *
- Paddle *
- Spray deck *
- Buoyancy aid *
- Whistle
- Helmet * and sun hat (as applicable for weather / sea state)
- Paddle jacket *
- Wetsuit long John * or shorty * / shorts (as applicable for weather)
- Wet suit boots * / sandals
- Thermal base layer (not a cotton tee shirt) (if applicable)
- Unbreakable flask for hot drink or water bottle
- Food snacks / lunch & spare food (if applicable)
- Sun tan lotion and sun glasses (inc string tie). (if applicable)