

Kit List for Canoeing Inland Touring Grades I-IV

Last reviewed: 26 April 2006

Winter (inc white water)

Group Equipment

- First Aid Kit
- Survival shelter / exposure bag
- Canoe repair kit
- Spare split paddles
- Throw line and knife
- Canoe recovery equipment
- Spare dry clothes
- Dry bag
- Map and compass (if applicable)
- Access agreement (if applicable)
- Torch / light stick (if applicable)
- Whistle
- Tow line (if applicable)

Individual Equipment (white water)

- Change of clothes and towel
- Kayak or canoe *
- Paddle *
- Spray deck (if applicable) *
- 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 for on river

Avon Outdoor Activities Club

* Available for hire from AOAC

Summer (inc white water)

Group Equipment

- First Aid Kit
- Survival shelter / exposure bag
- Canoe repair kit
- Spare split paddles (if applicable)
- Throw line and knife (if applicable)
- Canoe recovery equipment (if applicable)
- Spare dry clothes (if applicable)
- Dry bag
- Map and compass (if applicable)
- Access agreement (if applicable)
- Tow line (if applicable)
- Whistle

Individual Equipment

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