

**Kit List: Canoeing Inland Training Sessions**  
**Kit List: KL CAN 5**  
**Last reviewed: 26 April 2006**

**Summer (evening sessions)**

**Group Equipment**

- First Aid Kit
- Survival shelter / exposure bag (as applicable to weather)
- Canoe repair kit
- Tow line (if applicable)
- Whistle
- Mobile phone

**Individual Equipment**

- Change of clothes and towel
- Kayak or canoe \*
- Paddle \*
- Spray deck \*
- Buoyancy aid \*
- Helmet \* / sun hat (as applicable for weather & activities)
- Paddle jacket (as 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)
- Sun tan lotion and sun glasses (inc string tie).

# Avon Outdoor Activities Club

**\* Available for hire from AOAC**

**Summer (all day sessions)**

**Group Equipment**

- First Aid Kit
- Survival shelter / exposure bag (as applicable to weather)
- Canoe repair kit
- Tow line (if applicable)
- Whistle
- mobile phone

**Individual Equipment**

- Change of clothes and towel
- Kayak or canoe \*
- Paddle \*
- Spray deck (if applicable) \*
- Buoyancy aid \*
- Helmet \* / sun hat (as applicable for weather & activities)
- Paddle jacket (as 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 or water bottle
- Food snacks / lunch
- Sun tan lotion and sun glasses (inc string tie).