



Equipment – Other

Whilst Canoeing you will require the following equipment:-

- Paddle/s - nothing “technical” needed.
- Personal Buoyancy Aid (MUST always be worn on – or near water)
- Spray deck for Kayak – over a 6 hour period a lot of drips can get in a boat!
 - You MUST be competent to escape from capsize with Spray deck fitted!
- Dry Bags / or waterproof plastic box – one each for:-
 - Spare / Extra Clothing (See Clothing List)
 - Boat First Aid Kit
 - Lunch – soggy sandwiches taste horrible!
 - Plus for Adult Leaders
 - Mobile Phone
 - Car Keys – keep in waterproof container - very important if of electronic variety!
- Open Canoeist may prefer to use “barrel”
- Emergency Contact Card (provided by Challenge)
- First Aid Kit (one each Boat, see First Aid Notes)
- Personal Medication needed during day e.g. Asthma Inhaler
 - Note
 - Keep Medicines taken morning or evening with kit at Base.
 - If you are allergic to Insect Bites / Stings
 - Antihistamine cream or tablets
- Towel – (Bath size!)
- Sun Cream / Lip Cream – Waterproof versions
- River License (per Boat – see other notes)
- Water Bottle – at least 1ltr required each day on water.
- Thermos Flask (optional – we will make available hot water / coffee / tea)

For each “Flotilla” there will also be needed:

- River Map (For each day’s Paddle)
- Tow Line
- Mobile Phone – carried by Leader

At Disembarkation Points and at Rapid (below Iron Bridge)

- Throw line for use by Shore Party

Note:

This will be organised by Challenge Organisation.