

Paddling Kit List

What to wear

In the winter you will need a wet suit and thermals, or a dry cag & dry trousers, or if your rich a dry suit, in addition you will need to ware suitable under clothes.

In summer a shortie wetsuit, or rash vest and shorts will do if the weather is good.

For WW paddling a buoyancy aid giving at least 50 Newton's of lift, if your BA has a chest harness take it off unless you have had sufficient experience or training on how to use it correctly.

A good quality neoprene deck is essential for WW paddling as fabric ones tend to implode in WW.

Helmets there are so many different helmets available and equally as many opinions as to which is best. Most importantly make sure that it has a CE mark and that it is in good sound condition, some points to consider when choosing a helmet are what you will be using it for and the level of protection it will offer ie does it protect your ears and how will it distribute shock.

What to carry.

Each person on a WW trip **MUST** have the following:

Throw line
2 HMS screw gate carabineers
Sling at least 120 cm
Rescue knife with a full or partial serrated blade
Simple first aid kit
Simple repair kit

A note on slings, I use both sewn slings and I also use a 4 metre long piece of tape with a figure of eight in each end so I can use it for a variety of situations.

On none white water trips you will choose what kit out of the above you think you will require but by owning this basic kit you will be in a position to paddle on any of the Highworth canoe club trips or peer trips.

Group kit

Group shelter
Group first aid kit
Split paddles

If you have any queries please do not hesitate to ask any of the coaches or other members but remember that kit varies and it is down to your own personal preference at the end of the day.