

Kayaking/Canoeing Equipment

Equipment for canoeing/kayaking will depend on river conditions and weather. Air and water temperatures are important factors that should be considered.

The checklist below is provided as a basic guide on items to take on easy – medium one day paddles.

Gear	Description
Canoe/Kayak	Suitable for conditions (+ paddle)
Stowage	Drums or dual plastic bags, must be waterproof
Clothing	Synthetic clothing (including thermal wear) that will readily disperse water Shorts (or swimmers), shirt, hat
Safe Gear	Life jacket
Wet Gear	Short light weight waterproof jacket
Footwear	Volleys, joggers or diving booties
Warm Gear	Wetsuit, thermals, beanie
First aid kit	Compact and functional
Drying towel	Small and effective
Personal bits	Medication, sun cream, insect lotion, sunglasses
Auxiliary bits	Whistle, rubbish bag, small torch
Food	Biscuits, sandwiches, fruit + spare amount of extras for emergencies
Repair kit	To suit craft and structure