



What to bring on a Kayak Trip

The club has kayaking trips on both inland waterways and the ocean, and these trips have varying levels of difficulty. A high level of preparedness and a focus on safety is required and the required list of gear is long. **Intending kayaking participants on the more difficult K2 and K3 graded trips must contact the coordinator** to discuss the trip and to obtain a full list of required gear.

K0 and K1 Graded Trips:

Kayak with flotation

Paddle

PFD Type 2

Bailer and sponge (tied on) OR hand operated pump and sponge (tied on)

Whistle attached to PFD

Quick-drying trousers or thermals and shorts

Quick-drying long-sleeved shirt and/or thermal top

Wetsuit boots or neoprene beach shoes or sandals

Spray jacket

Fleece jacket or wind stopper

Sun hat (with cord or tied on)

Beanie

Sunscreen

Water bottle (1 litre) OR Water bladder in PFD (up to 1.5 litres)

Full set of dry clothes in dry bag

Lunch in dry bag

Snacks in PFD pocket or deck bag

Trowel and toilet paper in plastic bag

First Aid Kit*

Compass

Helmet (for river trips with flowing water)

Personal Emergency Kit - Carried in your PFD pocket enclosed in layers of zip-lock bags and a very small dry bag

Matches

Small pocket knife

Paracetamol or aspirin tablets

Band-Aids

Pencil and notepaper

Car keys

Recommended -

Spray deck

Paddle leash

Maps (laminated or in map holder)

Sunglasses

LED head-torch and spare batteries

Paddling gloves

Small dry bag to use as accessible deck bag

Waterproof camera

Bathers and towel