



## Intermediate Kayak Kit List

### Kayaking Equipment

The club can provide you with all the necessary equipment required to get you on the water. Use of club equipment is free for all members. The club can provide you with the following equipment:

- Boat
- Paddle
- Buoyancy Aid / Personal Flotation Device (PFD)
- Helmet
- Spraydeck

When you wish to start purchasing your own equipment, speak to an experienced member of the club for advice first! We can suggest what to buy first and what to look out for.

If you wish to buy any of the following safety equipment, we strongly recommend you go on a white water safety and rescue (WWSR) course or ask an experienced member for help so you know how to use them properly before using them yourself.

- Throwline
- River knife
- Sling/Tape and Karabiner
- Buoyancy aid with chest/rescue harness

### Clothing

Intermediate kayak trips are often longer than our beginner trips and take part in more remote and exposed spaces, and in all weather conditions. Therefore, the club will expect paddlers to have their own specialist kayaking kit to keep you warm. As a minimum you should have the following:

- Thermal base layers
- Wetsuit
- Wetsuit boots/shoes
- Dry Cag

Once you have the minimum kit, you may wish to consider purchasing some of the following:

- Gloves / Pogies
- Dry Trousers
- Drysuit

Again, when you wish to start purchasing your own kit, speak to an experienced member of the club for advice first! We can suggest what to buy first and what to look for.

## Other

For full day river trips (Sunday trips), you should bring along some food in a watertight container, as well as either a hot drink in a thermos flask or water/juice in a plastic bottle. These can be stored in the back of your boat. You may also wish to bring along a small personal first aid kit.

If you have used your own car to get to the river, then you will need to take your car keys on the river with you. The number one rule with car keys is that **they should be attached to YOU, not your boat**. Most car keys now have electronics in them so need storing in a waterproof bag such as an “AquaPac” ([click here](#)). If you don’t have one of these, then give your keys to one of the trip leaders to look after for you.

Alternatively, you can keep your keys with your car using products [like these](#)

If you need to take any medication with you on the river, then ideally this should be attached to you too. The “Aquapac” will fit items like inhalers or pills nicely. Any larger items will need to go in a waterproof bag/box in your boat. You may wish to give your medication to your trip leader to look after.

And don’t forget your towel and some dry clothes to change into afterwards!

