

## Shrewsbury Canoe Club

### Recommended Kit List

**NB due to the varying nature of activities, the paddle leader may not require all these items to be carried**

	Personal (every member)	Group (split between)	Leader (carried individually)
WW	<ul style="list-style-type: none"> <li>• Sling &amp; Carabiner</li> <li>• Head Torch</li> <li>• Whistle</li> <li>• Throwline</li> <li>• Knife</li> <li>• Food/Drink</li> <li>• Spare Clothes</li> <li>• Phone</li> <li>• Dry Bag</li> <li>• Personal 1<sup>st</sup> Aid kit</li> <li>• Survival Bag</li> </ul>	<ul style="list-style-type: none"> <li>• Emergency Shelter</li> <li>• Splits</li> <li>• Repair Kit</li> <li>• money</li> </ul>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> Aid Kit</li> <li>• Pin Kit (Prussiks, 2x screwgate HMS carabiners, 2x slings)</li> <li>• Map and compass</li> <li>• spare clothes</li> </ul>
Sea	<ul style="list-style-type: none"> <li>• Head Torch</li> <li>• Whistle</li> <li>• Food/Drink</li> <li>• Spare Clothes</li> <li>• visual and/or verbal means of communication</li> <li>• Dry Bag</li> <li>• Personal 1<sup>st</sup> Aid Kit</li> <li>• Survival Bag</li> <li>• Paddle Leash</li> <li>• Sling &amp; Carabiner</li> <li>• towline</li> </ul>	<ul style="list-style-type: none"> <li>• Splits</li> <li>• Towline</li> <li>• Emergency Shelter</li> <li>• Pump</li> <li>• Repair Kit</li> <li>• money</li> </ul>	<ul style="list-style-type: none"> <li>• Visual Comms (Flares, Strobes, etc)</li> <li>• Verbal Comms (Radio, Phone, Spot/EPIRB)</li> <li>• 1<sup>st</sup> Aid Kit</li> <li>• Map and chart</li> <li>• compass</li> <li>• spare clothes</li> </ul>
Touring	<ul style="list-style-type: none"> <li>• Head Torch</li> <li>• Whistle</li> <li>• Food/Drink</li> <li>• Spare Clothes</li> <li>• Phone</li> <li>• Dry Bag</li> <li>• Personal 1<sup>st</sup> Aid Kit</li> <li>• Survival Bag</li> <li>• throwline</li> <li>• knife</li> </ul>	<ul style="list-style-type: none"> <li>• Splits/Spare Paddle</li> <li>• Towline</li> <li>• Emergency Shelter</li> <li>• Repair Kit</li> <li>• money</li> </ul>	<ul style="list-style-type: none"> <li>• Map</li> <li>• Compass</li> <li>• 1<sup>st</sup> Aid Kit</li> <li>• spare clothes</li> </ul>