

Appendix 2

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