



Leeds Canoe Club

Recommended Kayak Kit List

This list should be used as a guide for paddlers and leaders on trips.

N.B. Kayaking is a strenuous activity and it is recommended that you eat and drink well before, during and after you trip.

All Paddlers (Minimum recommended Kit List)

- Kayak with air bags
- Paddle
- Spray Deck
- Helmet (CE approved)
- Skull Cap
- Buoyancy Aid (CE approved)
- Waterproof and Windproof Paddling Top
- Wetsuit/Dry Suit/Dry trousers
- Warm long sleeve top (not cotton)
- Warm trousers (if wearing dry kit)
- Suitable footwear
- Food/drink/emergency rations (in waterproof container, secured in back of boat)
- Small Personal First Aid Kit

Intermediate Paddlers

- Sling and Karabiner
- Whistle
- Throw line
- Rescue Knife

Leaders/Advanced Paddlers Kit

- Group First Aid Kit
- Survival bag
- Helmet Providing protection to ears/side/front of the head
- Mobile Phone in waterproof case
- Split Paddles
- Boat Repair Kit
- Torch
- Change for Pay Phone
- Fire lighting Kit
- Group Shelter
- Spare food/drinks/clothes
- Map of area and compass
- Guide book.
- Ability to paddle