

## **Equipment List required for award:**

### **A properly equipped open canoe:**

- Painters/Swim Lines
- Suitable buoyancy
- Suitable method of stowing equipment in canoe
- A Canoe must be of sufficient design to carry all necessary safety equipment and perform any rescue as required by the Level 4 Canoe Instructor Qualification

### **Personal equipment:**

- Paddles
- ISO approved buoyancy aid (BA)
- ISO approved helmet
- Adequate footwear
- Wetsuit or dry pants & cag or drysuit with sufficient thermal clothing
- Pole

### **Other equipment:**

- Towing System with quick release
- Throw Rope
- Bivvy Bag or equivalent
- Repair Kit (For repair to both fibreglass and plastic canoes)
- Spare Paddle
- Spare Dry Clothes
- Flask and Emergency Food
- Waterproof Bag or other method of keeping equipment dry
- Whistle
- Mobile Phone
- Waterproof phone case
- River Knife
- Watch
- Torch
- Slings x 2
- Prussic Loops x2
- Karabiners x2
- First Aid Kit

**Recommended first aid contents:**

- Rubber gloves
- Paramedical shears
- Vent aid or resuscitation barrier device
- Notebook and pencil
- Waterproof container (to keep supplies dry)
- Roller bandages (assorted 3" sizes)
- 3" Wound dressings (assorted sizes)
- Triangular 3" bandages
- Roll of first aid tape
- Assorted plasters
- Safety pins
- Tweezers
- Foil blanket or emergency blanket
- Sam splint
- Penlight or snap light

1. Candidates must present suitable personal equipment plus any additional equipment deemed to be appropriate to support other members of the group.
2. Equipment should reflect such things as the season, the abilities of the group, and the grade of the river being undertaken.
3. Borrowed equipment will be assessed as if it were a candidate's own.
4. A candidate should be aware that on advanced grade rivers, having too much or inappropriate equipment can nearly be as hazardous as having too little.