

# **Equipment List Required for Award:**

## *River Safety & Rescue 3*

### **Properly equipped kayak**

- Closed cockpit kayak
- Suitable buoyancy
- Suitable footrest

### **Personal equipment**

1. Wetsuit or Drysuit (incl thermals)
2. CE approved PFD
3. CE approved Helmet
4. Cag
5. Suitable footwear (hard sole footwear)
6. Throw Bag
7. Knife
8. Whistle
9. Paddle
10. Spray deck
11. Mobile phone/waterproof case
12. Two Slings, at least one open Sling 4 - 5 metres in length
13. Snap Gate Karabiner x 2
14. Screw Gate Karabiner x 3
15. Prussic Loop x 2
16. First Aid Kit

Additional Equipment that will be demonstrated during the course

15. Kisu
16. Spare Clothes
17. Repair Kit
18. Split paddle