

# **Equipment list required for award:**

## *Level 2 Canoe Instructor Award*

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

- Sufficient length of painter
- Method of securing paddles
- Suitable buoyancy

### **Personal equipment:**

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

### **Other equipment:**

- Towing System
- Throw Rope
- Bivvy Bag or equivalent
- First Aid Kit
- 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
- River Knife
- Watch

**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