

Equipment List Required for Award:

Level 3 Canoe Instructorship Award

A properly equipped open canoe:

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

Personal equipment must include:

- 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
- Repair Kit
- Spare Paddle
- Spare Dry Clothes
- Flask and Emergency Food
- Waterproof Bag or other method of keeping equipment dry
- Whistle
- Group Shelter
- Slings x 2
- Karabiners x 2
- Mobile phone
- Waterproof phone case
- Watch
- Torch
- River Knife
- 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