

Equipment List Required for Award:

Flat Water Stand-Up Paddle (SUP) Boarding Instructorship

Properly equipped SUP:

- Stand Up Paddleboard (SUP)
- Leash

Personal Equipment

- Paddle
- Wet suit/ drysuit (inc. thermal wear)
- Cag (optional)
- CE approved PFD
- CE approved Helmet
- Suitable footwear.

Other equipment:

- Towing system
- Bivvy bag and/or group shelter
- Knife
- Whistle
- Flask and food
- Waterproof bag or other method of keeping equipment dry
- Repair kit
- Spare clothes
- Mobile phone
- Waterproof phone case
- 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