

EQUIPMENT LIST

CANOEING IRELAND SEA KAYAKING SKILLS AWARDS

This list is meant as a guide only and emergency equipment should be chosen based on the location, exposure, time of year, type of activity and personal preference.

WHEN CHOOSING EQUIPMENT TO BRING ALWAYS SEEK TO ANSWER THESE 6 QUESTIONS.

1. CAN I OR THE GROUP FIX A BROKEN BOAT?
2. CAN I OR THE GROUP PROVIDE ALTERNATIVE MEANS OF PROPULSION?
3. CAN I OR THE GROUP TREAT A PERSON FOR HYPOTHERMIA?
4. CAN I OR THE GROUP DEAL WITH AN INJURED PADDLER?
5. CAN I OR THE GROUP PROVIDE SPARE FOOD AND DRINK?
6. CAN I OR THE GROUP CONTACT THE EMERGENCY SERVICES?

SUGGESTED LOCATION: ON PERSON	SK LEVEL 1 DISCOVERY AWARD	SK LEVEL 2 PEER AWARD	SK LEVEL 3 EXPLORER AWARD	SK LEVEL 4 ADVENTURE AWARD
KNIFE				
TOW LINE				
WHISTLE				
SNACKS/FLUIDS				
STROBE LIGHT				
PLB				
COMMUNICATION (VHF & PHONE)				
WATERPROOF WATCH				
SUNSCREEN/LIP BALM				
HELMET				
SUNGLASSES/HAT				
POGIES/MITTS/ GLOVES				
CLING FILM (FIRST AID)				
WATERPROOF NOTEBOOK AND PENCIL				
BIVVI BAG – CAN ALSO BE IN DAY HATCH				
HILLWALKING COMPASS				

SUGGESTED LOCATION: ON DECK	SK LEVEL 1 DISCOVERY AWARD	SK LEVEL 2 PEER AWARD	SK LEVEL 3 EXPLORER AWARD	SK LEVEL 4 ADVENTURE AWARD
CHART/MAP IN WATERPROOF CASE				
SPARE PADDLE				
CONTACT TOW				
TOOL FOR CLEARING SKEG BOX				
STEERING COMPASS				
WATER BOTTLE/ BLADDER (May be stored elsewhere)				
PUMP				

SUGGESTED LOCATION: IN BOAT	SK LEVEL 1 DISCOVERY AWARD	SK LEVEL 2 PEER AWARD	SK LEVEL 3 EXPLORER AWARD	SK LEVEL 4 ADVENTURE AWARD
FIRST AID KIT (See below)				
REPAIR KIT				
PADDLE FLOAT				
GRAB BAG (See below)				
TARPAULIN AND STRING/LINE				
SPARE HATCH COVERS				
TOILET PAPER				
HATS & GLOVES				
SPARE CLOTHING				
FLASK/HOT DRINK				
GROUP SHELTER (KISU)				
EMERGENCY FOOD AND DRINK				
RUBBISH BAG(S)				
CARRY BAGS (Ikea type)				
DRY BAGS FOR ABOVE EQUIPMENT				

PERSONAL KAYAKING EQUIPMENT:

- Paddle
- ISO approved kayaking PFD
- ISO approved kayaking helmet
- Adequate footwear
- Wetsuit, drysuit, cag/dry pants
- Spraydeck

RECOMMENDED FIRST AID KIT 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)
- 3 triangular bandages
- Roll of first aid tape
- Assorted plasters
- Safety pins
- Tweezers
- Foil blanket or emergency blanket
- Sam splint
- Penlight or snap light

REPAIR KIT CONTENTS:

- Spare footrest nuts
- Cable ties
- Para-cord
- Shock cord
- Duct tape
- Tar tape or similar
- Surf wax (to seal a holed plastic boat)
- Epoxy repair for composite boats
- Multi-tool

GRAB BAG CONTENTS:

- Flint
- Tinder
- Knife
- Head torch
- Spare thermals
- Reflective blanket