

Equipment List

Level 3 Sit On Top Kayak Skills

Properly equipped kayak:

- Suitable Buoyancy
- Suitable footrest
- Backrest (optional)
- Thigh straps (optional)
- Rigid end loops and/or toggles.

Personal Equipment

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

Group equipment

- Group shelter
- Throw rope.
- Dry bags x 2
- Split paddle
- First aid kit
- Tow system x2
- Knife