

Equipment List required for award:

Level 1 Sit-On-Top Kayak Instructorship

Paddle craft

A properly equipped Rigid sit on top kayak:

- Rigid end loops and/or toggles
- Suitable buoyancy
- Suitable footrest
- A kayak must be of sufficient volume to carry all necessary safety equipment and perform any rescue as required by the Level 1 Sit On Top Kayak Instructor qualification.

Personal equipment:

- Paddle
- ISO approved helmet
- ISO approved Kayaking buoyancy aid (BA) with pocket storage
- Adequate hard sole footwear
- Wetsuit or dry pants, dry bag or dry suit, combined with sufficient thermal clothing

Other equipment:

- Towing System
- Bivvy Bag and/or group shelter
- Knife
- Whistle
- Water/Flask and food – weather dependant
- 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)
- 3 triangular bandages
- Roll of first aid tape
- Assorted plasters
- Safety pins
- Tweezers
- Foil blanket or emergency blanket
- Sam splint
- Penlight or snap light