



River Trips - General Advice on equipment required.

As a club, we endeavour to break away from coaching and use the skills learnt for recreational paddling. These trips may be on lakes, slow moving rivers or white water. Each one of these trips needs some consideration by each and every paddler.

Now as it is said "there is no experience like the real thing" but for beginners there may be some trepidation in what is ahead.

What this document will attempt to do is lay down some of the ground rules for the different types of trip, regarding types of boats, equipment to be taken, coach and paddler responsibility. This is by no means a definitive list and is always subject to change depending on the location, conditions etc.

Basic clothing

Each paddler should have the following:

- Suitable paddling clothing. Light thin clothing that can get wet, shorts tee shirt. If conditions are more severe, then a number of thin layers would be required.
- Shoes, these can be trainers or specialist boots. But when wet they should not be able to come off and sturdy enough to stop feet from being cut on rocks or glass.
- Waterproof/windproof top/cagoule (This can be provided by the club).
- Helmet which needs to conform to BS standards. (This can be provided by the club).
- Buoyancy aid. These come in all shapes and sizes but must fit to give the paddler buoyancy in the event of a capsize and useable when paddling. (This can be provided by the club).

Nice to have

The following clothing is not necessary but individual paddlers may choose to provide these for themselves:

- Thermal underwear either general thermals or from specialist sports shops.
- Wet suit, either shorty (short arms/legs) or full suit. Be aware that with a full suit, arm movement can be restricted and if sitting for long periods of time the lower back of the paddler may take more strain if the suit is too tight. Wetsuits come in different thicknesses 3mm would be more comfortable and flexible.
- Wet socks.
- Mitts or wet gloves.
- Skull cap (made from neoprene).
- Full dry suit (these will cost between £400 - £600).
- Split dry suit, top and bottoms with or without sewn in feet.

Note:- Speak to the coaches for advice before you buy.

Boats

The club can provide a number of different boats for club members to try either Kayaks, Canoes or SUP's. All are fitted out with equipment that makes them suitable for all water conditions. It would be in the members interest to try as many different types of boat before committing to buying their own.

Boat equipment which can be provided by the club

- SUP's Canoes and Kayaks
- Buoyancy. All boats have either air bags or fixed foam buoyancy fitted
- Paddle, single or double bladed
- Spray deck (Kayak only)



Equipment needed if you use your own boat.

If you take the leap to buying your own boat then there are a few additional items that you may wish to consider:

- Paddle, single or double bladed. There are lots of paddle designs and lengths. Check that the paddle you buy is suitable for the type of paddling you wish to do.
- Buoyancy aid
- Helmet (mandatory for under 18's)

Kayak specific:

- Buoyancy. All boats must have either air bags fitted in the rear of the boat, and in some kayaks in the front. Without this you will not be able to take it onto white/moving water.
- Spray deck. Many types but generally neoprene is the most suitable.
- Tail lines. These are short tapes (fitted to the front and back of the boat to aid a swimmer during capsize).
- Some Whitewater courses require these to be fitted.

Canoe specific:

- Buoyancy. All boats must have either air bags or fixed foam buoyancy fitted front and back. Without this you will not be able to take it onto white/moving water.
- Tail lines as kayak,
- Painter lines, these are min 1 1/2 times the length of the boat fitted to both ends.
- shock cord and side lines/loops. These both help with storage.

Day trips

On a day trip you will need the following (not exhaustive):

- Warm clothing to change into
- Towel
- Food
- Water
- Hot drink
- Waterproof day bag/sack

Items carried by the coach (not exhaustive) and dependant on boat type.

- First aid kit
- Throw line
- Spare paddle (Splits)
- Map
- Compass
- Communication device (phone or radio)
- Survival bag
- Whistle
- Watch
- Fluids



Overnight trips and Camping equipment (not exhaustive)

- Tent
- Sleeping bag
- Sleeping mat
- Cooking equipment
- Stove
- Eating utensils
- Food
- Light

Of course there is lots more equipment to be had in the various kayak and canoe retailers that you can purchase. However the club will give guidance on any of the above, but the final decision on any purchase must rest with the paddler.

If you require any further information please email the Coaching Development Officer

If anyone wishes to add any details or river trip reports to this site please contact WebMaster who will include anything of relevance.