

CCAT EQUIPMENT LIST FOR OPEN CANOE COURSES

<u>Personal Kit</u>	<u>Available for issue</u>
<ul style="list-style-type: none"> • Canteen Money (£15 – £25) • Clothing for evening wear • Wicking base layer • Mid layer fleece top and trousers • KFS, mug, plastic plate • Notebook and pen • Padlock and spare key • Personal first aid kit and medication • Sleeping bag and pillow • Small torch / head torch inc. spare batteries • Small tube of sun screen • Robust footwear for approach to the open canoe venues • Socks • Sun hat, warm hat, warm gloves • Swimming trunks/costume • T Shirts for 5 days • Towels x 2 • Underwear for 5 days • Wash-kit and toiletries • Waterproof jacket and trousers for off-water wear • Flask and water bottle • Wet wipes (small pack to clean hands before lunch) 	<ul style="list-style-type: none"> • Buoyancy aid • Goggles • 2 man tent • Sleeping mat • Survival Bag • Headtorch • Trangia stove and fuel bottle • Canoe paddle x 2 • Helmet • Long john wetsuit • Open canoe • Pole • Storage Drum • 100litres portage sack • Throw line • Tow line • Wetsuit boots <p>If you have your own kit from this list and you wish to use it please bring it for your instructor to check it.</p>

Base layer (Thermals). Made from polyester or polypropylene inner layer wicking fabrics. DO NOT WEAR ANY COTTON ITEMS – WOOL OR POLYESTER ITEMS ONLY!

Mid-Layer (Thin and Thick Fleece). Think 'layering' several thinner layers rather than one thick layer/heavy layer. For a top layer the main choices are a heavier fleece or nylon/pertex covered fleeces worn under a waterproof jacket in wet weather.

Mid Layer - Legwear. Wear a combination of poly-cotton trekking trousers and in wet weather over trousers / salopettes. If it is dry and warm the over trousers can be carried.