

## CCAT EQUIPMENT LIST FOR SEA KAYAK COURSES

Personal Kit	Available for issue
<ul style="list-style-type: none"> <li>• Canteen Money (£15 – £25)</li> <li>• Clothing for evening wear</li> <li>• Wicking base layer</li> <li>• Mid layer fleece top and trousers</li> <li>• KFS, mug (for Expedition phase)</li> <li>• Notebook and pen</li> <li>• Padlock and spare key</li> <li>• Personal first aid kit and medication</li> <li>• Sleeping bag and pillow</li> <li>• Small torch / head torch inc. spare batteries</li> <li>• Sun screen factor 30 min and waterproof</li> <li>• Compass</li> <li>• Sunglasses</li> <li>• Socks</li> <li>• Whistle on lanyard</li> <li>• <b>Robust footwear for approach to the kayak venues</b></li> <li>• Sun hat, warm hat, warm gloves</li> <li>• Swimming trunks/costume</li> <li>• T Shirts for 5 days</li> <li>• Towels x 2</li> <li>• Underwear for 5 days</li> <li>• Wash-kit and toiletries</li> <li>• Waterproof jacket and trousers for off-water wear</li> <li>• <b>Flask</b> and water bottle</li> <li>• Wet wipes (small pack to clean hands before lunch)</li> </ul>	<ul style="list-style-type: none"> <li>• Buoyancy aid</li> <li>• Touring Cagoule</li> <li>• Dry bag 22 litres x 2</li> <li>• Helmet</li> <li>• Sea Kayak</li> <li>• Sea Kayak paddle</li> <li>• Long john wetsuit</li> <li>• Spray deck</li> <li>• Tow line</li> <li>• Wetsuit boots</li> <li>• Gortex Suit</li> </ul> <p data-bbox="734 682 1385 745">If you have your own kit from this list and if 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.