**Upper Hamble Canoe Club (UHCC) White Water Paddling Kit List**

**Essential Kit:**

All of the following needs to go with you/on you/in your boat when paddling, in addition to what you normally need to paddle on the Hamble.

If you are signing out club kit for the trip make sure it gets fully checked before you take it away and that it fits you.

1) Appropriate Boat

If you need help selecting a club boat let a coach know and they will help you.

2) Paddle

If you need help selecting a club paddle let a coach know.

3) Air bags

If you take a swim and someone needs to rescue your boat, then it’s much easier if it has air bags in it.  All club boats should have air bags in already, if you are taking your own boat then please make sure the air bags are in and inflated.

4) Spray deck (that fits your boat as well as your waist!)

5) Helmet - to be worn at all times

It’s not the Zambezi but the rocks are still there and are still capable of knocking you out or injuring you in a horrible way.
If you’re seen without a helmet on your head and you are near or on the water brace yourself for a lecture!
If you don’t have a helmet the club has some. Correct fitting is vital. Instructions are stored with the helmets.
If you get to the river without a helmet you won’t be getting on the water with us.

6) Buoyancy Aid

Absolutely essential. If you get to the river without a buoyancy aid you won’t be getting on the water with us.

7) Footwear

Something reasonably solid is best; please ask if you need advice.

8) Dry or semi dry top and trousers, worn on body (minimum wet suit covered by wind proof top). If you are wearing other clothing try to avoid cotton as when it gets wet it becomes heavy, cold and won’t dry. Same goes for jeans – but no one would be that daft would they??

9) Extra clothing, in case you get wet and cold, must be in a dry bag or sealed in waterproof bag(s) of some kind. Ask if you need advice on this.

As 8) try to avoid cotton t-shirts if you can.

10) Flask with hot drink

Never underestimate the power of a warm drink!

11) Lunch in sealed bag or box (e.g. ziplock bag or lunchbox with waterproof seal)

12) Spare food in case you get tired and hungry – cereal bars, chocolate bars, trail mix etc. are good for this – ideally individually wrapped so you can keep one in your buoyancy aid pocket for easy access on the water while sitting in an eddie!

13) Emergency money

14) Dry bag for car keys

If you have an electronic car key and you have to take it on the water then get a dry bag to put it in - nothing worse than a car that won’t start after a days paddle (trust me I know). But only a couple of people will really need to take keys on the water. If you have a dry suit you can keep your key inside a pocket of your clothes underneath, as long as you are sure your suit doesn’t leak. Otherwise a waterproof phone case is an alternative way to keep a key dry and can be tied inside a pocket of your buoyancy aid or worn under your clothes.

15) Bottle of water.

**Optional:**

15) Throw bag and Knife

Only take these if you’ve been trained to use them safely and have them.  If you don’t know what these are or haven’t been shown how to use them safely don’t worry about it.

16) Personal first aid kit

Each of the coaches will have a first aid kit so not essential unless you have some special requirements. If you do have some special requirements please let the leader know before the trip, everything will be treated on a need to know basis and in strictest confidence.
(Everyone should complete and Emergency Contact Form regardless)

17) Boat repair kit

Maybe, but there will be some duct tape around somewhere.

18) Mobile phone in dry bag/case

19) Bag for your dry kit to be left at the finish/get out.

You will need a sports bag/bin bag etc to leave your kit in in the car at the get out. This bag will not be going on the water.

**Any questions please ask**

**Thanks, The Coaches.**