

# **Equipment List required for Award:**

## *Level 3 River Kayak Instructorship*

### **A properly equipped 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 3 Kayak Instructor qualification.

### **Personal equipment:**

- Paddle
- ISO approved helmet
- ISO approved buoyancy aid (BA) with integrated harness
- Spray Deck
- Adequate hard sole footwear
- Wetsuit or dry pants, dry cag or dry suit, combined with sufficient thermal clothing

### **Other equipment:**

- Towing System
- Throw Rope
- River Knife
- Mobile phone
- Waterproof phone case
- First Aid Kit
- Repair Kit
- Split Paddle
- Whistle
- Torch
- Watch
- Flask and Food
- Spare Clothes
- Bivvy Bag or equivalent
- Group Shelter
- Slings x 2
- Karabiners x 2
- Waterproof Bag or other method of keeping equipment dry

### **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)
- Triangular 3" bandages
- Roll of first aid tape
- Assorted plasters
- Safety pins
- Tweezers
- Foil blanket or emergency blanket
- Sam splint
- Penlight or snap light