

## Basic sea kayaking kit requirements

### Personal clothing

Windproof/waterproof jacket/cag. (Club has a range of cags)

PFD (Club has some).

Spraydeck (Club has ones to fit Club boats)

Waterproof trousers or shorts or something warm and quick drying if you don't mind wet legs/weather warm.

Wellies, water shoes, old trainers – good grip for walking over rocks/seaweed.

Wicking layers – base, mid etc., fleece.

Hat – cap/waterproof brimmed affair/warm fleece depending on weather.

Wetsuit (optional) – not really needed unless you want to keep falling in.

Drysuit (ditto) – recommended if going away from shore, winter trips and generally in case of immersion on any trip.

Waterproof/neoprene gloves or pogies.

Complete change of clothes in dry bag in boat

### Sundry

Hot drink \* Water \* Snacks/lunch etc. \* Lip salve \* Sun cream \* Midge repellent/hood

Be sure that at least one person in the group has:

EMERGENCY SIGNALLING <i>*= at least one of each per group</i>			
PLB		SPOT	
VHF RADIO*		PHONE*	
FLARES*		LASER FLARES	
SIGNALLING MIRROR		STROBE LIGHT	
FLASH LIGHT*		GLOW STICKS	
GENERAL SAFETY <i>*= at least one of each per group</i>			
GROUP SHELTER*		FOIL BLANKET/BIVVI BAG	
STORM CAG		SPARE CLOTHING*	
FIRST AID KIT *		EMERGENCY FOOD/WATER*	
REPAIR KIT*		TOW LINE*	
PUMP*		SHORT TOW	
KNIFE*		SPLIT PADDLES*	
COMPASS*		MAPS /CHARTS*	
STIRRUP		PADDLE FLOAT	

Consider adding these to your own kit as soon as you can.

### Does anyone know where you are?

Let someone know where you are going and when you expect to return. One person on any trip should have a shore contact and should notify coastguard of intentions and anticipated return time, then notify again on return.

**If you are a beginner always go with an experienced paddler.**

**Make it a priority to familiarize yourself with rescue techniques – Rescue Days are part of the Club calendar.**

**Useful sites for checking weather and tides to see if you're happy about going out/learn the implications of:**

<http://www.mallaigcanoecub.co.uk/planning.html> - club website planning page for links to these and other useful planning aids.

[http://www.metoffice.gov.uk/weather/marine/inshore\\_forecast.html](http://www.metoffice.gov.uk/weather/marine/inshore_forecast.html) - inshore waters forecast.

<http://www.xcweather.co.uk/> - usually pretty accurate

<https://www.windfinder.com/forecast/arisai> - comprehensive , good for print-out - Skye Lusa closest station to here.

Weekly chart forecast or animation. Usually pretty accurate.

<http://magicseaweed.com/UK-Ireland-Surf-Chart/1/?chartType=WMAG> – very useful for overall picture.

<http://www.metcheck.com/V40/UK/HOBBIES/inshore.asp> - inshore waters forecast as well.

[http://www.metcheck.com/WEATHER/10days\\_icons.asp](http://www.metcheck.com/WEATHER/10days_icons.asp) - forecast.

<https://www.windfinder.com/forecast/arisai> - comprehensive , good for print-out - Skye Lusa closest station to here.

Weekly chart forecast or animation.

<http://www.theyr.com> - wind forecast

<http://easytide.ukho.gov.uk/EasyTide/EasyTide/SelectPort.aspx> free 6 day tide tables for port of your choice.

<http://tides.mobilegeographics.com/> tides for whole year for major ports

**REMEMBER: It's never too early to start thinking/providing for yourself!**