

BayCreek Rough Riders

Kit for Training Sessions

Required Safety Kit

- Deck or PFD Light
- Helmet
- Compass
- Tow Belt
- Whistle
- Bilge Pump & Sponge
- Paddle Float
- Personal First Aid Kit
- Sun Screen
- At least 1 Liter of Water

Recommended Clothing*

- Wet Suit
- Insulating Layers (Thin/Thick Skins, Thermal skins, etc...)
 - Enough so that **YOU** can be comfortable and **SAFE**
- Neoprene Booties / Combined w/Sandals if there are no soles
- Neoprene Gloves & Poggies
- Paddling Jacket, Semi-Dry Top or Dry Top (NO SPLASH JACKETS)
- Skull cap or Balaclava
- Sun Hat (for Day Paddles)
- Sunglasses, keeper Strap

Required Clothing In Your Boat

- Fleece or Synthetic Jacket for insulation
- Dry Base Layer Top & Bottom or Union Suit
- Extra Winter Hat

Recommended Items

- Rescue Knife
- Headlamp
- Flares
- Motion Sickness Medication
- Chart Case
- VHF Radio
- Cell Phone in a Pelican Box
- Extra Paddle
- Quick-Dry Towel
- Thermos with something warm to drink or The ability to make a warm drink
- Energy Food

* Clothing is a very personal equipment category. The listed items are the very minimum items required, you know your body better than anyone else so dress according to your body's climate. (ie... if you get cold easier you better have more clothes!)