

## BASIC CANOEING GEAR

Like almost every other sport and outdoor activity, there is some **specialist equipment** and clothing you'll need when taking to the water. Some basic canoeing gear is **essential** – you won't get very far without a paddle for example – while some will depend on the **conditions** and the **type of canoeing** you'll be doing. If In Doubt ask the Session Coach or Leader.



The Club can provide kit for members to borrow and for organised club sessions, that is Boats, Paddles, Buoyancy Aid, Helmet, Spray decks but you will need personal clothing. As a Guide the list below is a general kit list for a generic session outside in good weather conditions. . Canoeing is **fun**, but being **cold, wet and miserable** can seriously dent your enjoyment of your **canoeing experience**.

### For paddling

- Base Layers, T shirt, thermal, other tops depending on weather but remember if you fall in you need to be able to swim in them, reasonably tight is good. **Depending on venue facilities it is a good idea to wear your base layers and trunks/bikini as changing facilities can be limited and it makes life easier.**
- Trousers again remember think how easy it will be to move in them if you get wet, avoid jeans.
- Socks and Shoes they need to stay on your feet and be reasonably flexible, and old pair of trainers. 90% of Canoeing injuries are down to poor footwear.
- Cag/waterproof helps keep you warm from the wind.
- If you can a wet suit is a good idea for warmth and a bit of added cushioning if you swim!

### For after

- Full change of clothes including footwear depending on changing area things that are easy and quick to get on and get you warm.
- Towel
- Warm Drink & adequate food, if there will be no where to buy own

For further advice ask a Club Instructor. If you want to spend some money club members get a discount at [RobiHood Water Sports](#) Or try Go Canoeing via links below

[HTTP://WWW.GOCANOEING.ORG.UK/GO/INDEX.CFM/HINTS-TIPS/BASIC-GEAR/](http://www.gocanoeing.org.uk/go/index.cfm/hints-tips/basic-gear/)

<http://www.gocanoeing.org.uk/go/index.cfm/hints-tips/safety-advice/>