



Magdalen Court School

Beginners / Intermediates

Kayak/Canoe Touring Kit



Blue highlight indicates, kit the school can provide, although as paddlers become more proficient they start to build up their own kit. When you get this far, start with the **clothing**, warm paddlers have more fun.

Intermediate sessions, often involve journeys, this necessitates carrying a little kit with them. We will paddle in more inclement weather, on moving water, shoot weirs & play on small rapids & waves. Their personnel kit needs to be a bit better to ensure they stay warm & enjoy the experience.

They will have been paddling a little while now & achieved a good standard of control over their craft, some investment in their first Cag, might be a nice reward & make them more comfortable on the water.

Clothing for on the water:

Warm clothing = lots of fun

Inappropriate clothing = cold, possibly hypothermia, bad day out

- Swimming trunks
- Trousers: (must not be cotton. Polyester track suit bottoms would be ok)
- **Base layer:** T-shirt (must not be cotton. A thin polyester sweatshirt would be good)
- **Mid layer:** fleece
- **Outer layer:** **Cag** (we have a few Cags). With waterproof wrist seals.
- **Footwear:** Trainers or similar, which will get wet.
- Safety helmet
- Buoyancy aid (not life jacket)
- Spray deck
- Paddle
- White Water Spec. Boat
- Air bags for boat (preferable).

Wetsuits

These are great & can be very cheap now <£30.

If you have a shorty or full length wetsuit this would substitute the Base & Mid layer.

Some people wear a base layer under their wet-suit when it's cold!

You will need a Outer layer (waterproof coat).

Socks make putting the wet-suit on easier!

When you get out:

- Warm clothes to change into:
 - Warm hat, t-shirt, thin jumper, thick fleese, warm trousers, warm socks
- Towel
- Changing towel or dressing gown to help you get changed in car park.
- Old mat or square of carpet to stand on while changing.
- Food & drink, it is a demanding sport, they will be hungry & thirsty
- Bag to put all your wet kit in or thick rubble bag.

Other letters available:

- Intermediate Kit
- Advanced Kit

Kit to take in your boat (Must Have)

- Dry bag
- Warm hat
- Thin fleece
- Insulating emergency jacket
- High energy snack for emergency use
- A snack & drink to keep them going.
High carb; cereal bar, flapjack, sandwich or rap etc.
- warm drink: squash, soup, milk, hot chocolate etc. (preferably not tea or coffee)
- Personal medication; EpiPen, asthma inhaler etc

Full details of MCS Canoe club & copies of these letters can be found at our web site:

www.mcs-exeter.co.uk

follow the 'Information' & then 'Canoe Club' links.