



Kit List - Canoe Safety Test (CST)

Personal kit

- 1) Sleeping bag
- 2) Camp bed or ground mat (**essential** as cadets will be sleeping on a hard floor)
- 3) Night wear
- 4) Wash kit & Towel
- 5) Plastic Plate, Bowl
- 6) Mug, Knife, fork, spoon
- 7) Tea-towel
- 8) Civilian clothes for the evening
- 9) Change of underwear

Canoeing Kit

- 10) Wet suit (if owned)
- 11) T shirts (x3)
- 12) Thin sweat shirt or Thermal top (x3)
- 13) Track suit trousers (x3)
- 14) Under wear and socks (x3)
- 15) Cag or Dry Cag
- 16) Water proof trousers (if owned)
- 17) Trainers or wet suit boots (Must not be high leg boot type trainers)
- 18) Helmet, skull cap and nose clip (if owned)
- 19) Buoyancy aid, ideally a NON MOD one (from your unit)
- 20) Additional small towel

General Kit

- 21) Small bag to carry kit to river & Bin liners for wet kit
- 22) Sun tan cream
- 23) T1 (Parents consent form) **CADETS WITHOUT ONE WILL BE SENT HOME**
- 24) Course fee - if not already paid - cheques made payable to 'A.Pearce'
- 25) Pink SCC Canoe Card (the one you were given on your BCU 1* course)

Additional CST Kit - See your unit canoe staff if in doubt

- 26) Canoe tow line – can be borrowed on the course
- 27) Dry Bag - can be borrowed on the course
- 28) Survival bag – can be bought from an outdoor shop
- 29) Full change of clothes to fit an adult, including headwear.
- 30) Water proofed first aid kit (small packed lunch box and tape will do)
- 31) Thermos flask– make sure it's a metal one; glass ones break easily.
- 32) Emergency food- Mars bar, kendel mint cake etc.

Notes

- Cadets will get wet so bring enough clothing to be able to change into dry items for the evening
- If you own a wet suit, some of the canoeing kit may be eliminated as appropriate
- The weather may be hot or cold so pack with this in mind
- Travel in civvies, uniform is not required

Cadets with special diets should remind galley staff on arrival (you MUST also let us know beforehand. Contact C.P.O Annabella Pearce on 023 80 904301 answer phone fitted)