



- 3) Blizzard Vest. Aside from blood and guts, one of the main injuries people are at risk from in the outdoors is Hypothermia – getting really cold. This WILL kill people if left untreated, so you need to have kit to reflect this. One of the best things to carry is a Blizzard Vest. They're small, light, re-usable and really warm. Find out more at [www.blizzard-protection.com](http://www.blizzard-protection.com).
- 4) Spare food. It's not just Diabetics who are at risk from low blood sugar levels. If you are having to wait for help, some good high energy food will keep you functioning effectively.
- 5) Group Shelter. Whatever you choose to call it, these are worth their weight in gold. If someone is cold, chances are everyone is. Get the group inside for a snack and a cuppa and watch people warm up and morale soar. Also, injured people tend to be cold and scared. Get them in one of these when you're treating them. They'll warm up and calm down swiftly.
- 6) Gaffer tape. Much like the Force, it has a light side, a dark side and binds the universe together. You can do so much with this stuff, it's daft not to carry it.
- 7) Small torch. If things take a while and darkness falls, this could prove really handy, both for seeing what on earth you're doing and attracting attention. I also tend to pop a couple of glowsticks in. Minimal space and they don't run out of batteries.
- 8) Repair kit. A small kit to bodge your boat back together. Nuts and bolts, string, cable ties, small screwdriver and a cheap multi-tool, that sort of thing. It's worth carrying a small strip of flashbanding (available from all good plumbing merchants) as it sticks to wet things, making it perfect for patching a crack in a boat. Gaffer tape fixes many things, but not wet boats. I've also taken to putting some goretex repair tape in to patch up suits and cags.
- 9) Fluid. If you are dehydrated, you will not paddle well. You will be slower, mentally and physically. Certainly carry some water or squash. Cold for summer, hot for winter!
- 10) Mobile phone. This lives on me in a waterproof case. I'm an advocate of carrying a smart phone. Not only is it a phone, it also has apps for mapping and location. I also carry a powerbar, allowing me to keep it charged.

As you can see most of this kit is multi purpose and pretty minimal. Aside from the splits, it all fits in a Watershed bag for convenience. The last thing you need is to load your boat full of useless kit as you'll need to lug it about.

## Think about what you carry and why

