

## **What to bring to the Weekend Whitewater Kayak Clinic**

Northeast Georgia Council

Boy Scouts of America

The Boy Scout council will provide the following equipment items for each participant:

1. kayak, with flotation and adjustable padding
2. paddle
3. personal flotation device (life vest)
4. spray skirt
5. helmet
6. paddling jacket
7. nose plugs (if you ask for them)
8. mesh bag to store equipment.

Those items will be checked out to each participant. Each participant will be responsible for them during the weekend.

To participate, **each participant must bring the following to the land session:**

9. completed waiver form
10. completed and up-to-date BSA medical form (Parts A,B & C)
11. completed "Medical Information Sheet for Whitewater Kayaking"

Further, **each participant must bring the following personal items to the water sessions** (the last item is for cold protection):

12. Lightweight soft-soled slip-on water shoes (Surf-Mocs, Aqua-Socks, wetsuit boots, etc.—no sandals, laces, or thick soles). These should fit snugly.
13. Water bottle or canteen.
14. Any necessary medication (Bring two sets of any emergency medication, such as asthma inhalers, epi-pens for insect bites, etc.)
15. Lunch for each day on the water
16. Wool or synthetic-fiber long underwear top

**We cannot take you on the river without those items.** Please contact the clinic coordinator if you cannot obtain any of them.

In addition, we recommend:

17. A second heavier layer, such as a sweater or fleece top. A wetsuit or neoprene top is an excellent choice.
18. For participants with eyeglasses: something to keep them from falling off in rough water.
19. Sunscreen
20. Insect repellent