



Equipment List

The following explains the equipment you will need for your course. If you have any questions, please get in touch prior to your course.

N.B. The term “course” shall be taken to mean any training, assessment, session, trip, workshop, tour, experience, contracted work, or event arranged by SUP Antics.

Sup Introduction, Group or 1-2-1 Coaching Sessions and Workshops

- Paddle board
- Fin
- Leash
- Paddle
- Wetsuit / drysuit
- Sunglasses
- Suntan lotion and insect repellent
- Snacks / drink for lunch etc
- Spare clothes - gloves / warm hat / sun hat, waterproof jacket / trousers
- Medication in waterproof bag.
- Waterproof bag for kit

Notes:

1. PFD's and floatation devices (pull toggle to inflate) – for some courses there will be no mandatory requirement to wear a PFD or floatation device. If you wish to wear a PFD or floatation device due to personal choice, then that is fine and please continue to wear your PFD or floatation device.
2. For all courses on graded rivers, a QR belt / leash, a helmet and PFD must be worn.
3. For all courses on tidal waters, a QR belt / leash and PFD must be worn.
4. A PFD or floatation device is required for all courses held at Ellerton Lake

SUP Touring

Personal SUP Kit

- Board
- Paddle
- Leash (QR belt is easiest to use and required for graded rivers and tidal waters)
- Fin (+Spare fin)
- PFD (Required for all graded rivers and tidal waters)/ floatation device (pull toggle to inflate)
- Wetsuit / drysuit / wet boots (depends on time of year)
- Mob in case + power bank
- Sunglasses
- Board bag with wheels (having the wheels makes it way easier!!)
- Light-weight waterproof jacket and trousers
- Day bag - 15 / 20 litre PVC roll top rucksack / holdall
- Snacks / drink for lunch etc
- Medication in waterproof bag.
- Helmet (Graded River sections only)

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Joint Shared Kit

- 1st aid kit
- Repair kit – pen knife, board repair tape, gorilla tape, bungee, rope.
- Small Stove / gas / pan / spoon / lighter
- Coffee and tea
- SUP pump
- Laminated map
- Spare 3-piece paddle (tapped together to stop loss of one section)
- Spare bungees and rope
- Leave details of your trip with a responsible person, including itinerary and everyone's contact details

Personal camping Stuff

- Tent – lightweight back packing design OR possible to share a slightly heavier 2 / 3-person tent between 2
- Sleeping mat
- Sleeping bag
- Head torch / spare batteries
- Mug / bowl / spork
- Main kit bag - 60 litre PVC roll top rucksack

Personal Kit

- Clothes for evening / travelling home
- Toiletries, suntan, and Insect spray + camp towel
- Meds
- Stuff bags for gear

Insurance and River License

- Holiday insurance and public liability insurance is recommended
- River license required from British Canoeing (public liability insurance) or Water Skills Academy (public liability insurance)

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