

# Two-Day River Rescue Gear List

Listed below are the basic essentials you will need for your course. We can provide the items in *red italics* if you do not have them yourselves. Make sure your gear is well marked and identifiable so it does not get misplaced with other people's equipment. The weather here is very changeable so it is important you bring lots of warm clothing, layers are advisable.

## Tick

Three-Layer Clothing Approach

Layer 1: Next to skin

- Polypropylene/merino top x3
- Polypropylene/merino long johns x2

Layer 2: Warmth

- Fleece*

Layer 3: Wind/waterproof

- Paddle jacket*
- Wetsuit*
- Swimwear
- Water shoes/sneakers or neoprene booties

## Extras

- Towel & toiletries
- Personal medication and first aid kit
- Plastic bin bags
- Drink bottle – 1 litre minimum
- Eating utensils, mug & plate
- Sun block
- Day pack
- Extra clothes for evenings
- Dry shoes to wear afterwards
- Sleeping bag, liner & pillow*
- Camera (optional)

## Technical equipment (we expect to provide these)

- Paddle jacket*
- Buoyancy aid (Rescue spec with cowstail)*
- Kayak helmet*
- Spray skirt*
- Paddle*
- Kayak (with airbags)*
- Throwbag*
- Pin Kit (3x karabiners, 2x prusiks, 2x slings)*
- Other rescue equipment- e.g river saw*

- If you borrow gear from Hillary Outdoors and lose any items or damage them through misuse you will be responsible for payment of replacement costs.
- **No cotton** clothing for certain activities and never in winter.
- All gear may get wet and dirty.
- Label all your clothing and equipment. If you accidentally leave gear behind, contact us immediately and we will see if we can locate it.
- Participants' personal effects are NOT covered by our insurance policy. You should arrange your own.

**Remember:** Looking good is not a priority. Staying warm is the goal.

# Gear to bring to Hillary Outdoors

Hillary Outdoors courses run rain or shine, all year round. Often the best adventures are to be had in what seems like the most challenging conditions. You need to be prepared for your clothing to handle any weather. Any gear you don't have, try to borrow from friends or family. If this is not possible, you can borrow items marked in *red italics* on the gear list once you arrive at Hillary Outdoors. Borrowing gear is a better option than buying new gear. Outdoor gear tends to be expensive unless you are going to use it again in the future. Your instructor will check that you have everything when you arrive.

## **Raincoat and Overtrousers**

These protect you from heavy driving rain and cold winds. Sometimes you may need to wear them all day. Your raincoat needs to have a hood and go down past your thighs. Over trousers need to fit over other gear on your legs. The best fabrics are Goretex and Reflex as these generally breathe but are expensive. Other fabrics such as Oilskin and PVC backed nylon are also adequate.

## **Polypropylene, Merino, Fleece or Woollen Jersey**

These provide your insulating layers. At times you may meet conditions that are both cold and wet. Merino, fleece and wool are the only fabrics that will stay warm once they are wet. First layer, Polypropylene and Merino is also called thermal underwear and is designed to go next to your skin as it wicks the water away from your body. Wool or fleece is then worn over the top to insulate further. Wool and fleece can also be worn directly against the skin. Fabrics such as cotton, denim or nylon do not insulate at all, in fact they cling to the skin keeping the body wet and cold.

## **Hats**

A woolly hat or beanie (that covers your ears) or balaclava is a great way to stay warm as most of your body heat is lost through the head. In summer a sun hat is required.