

HCC Sea Kayaking Clothing & Equipment



(including freshwater lochs)

Clothing

Sea temperatures vary in Scotland from approximately 7 to 14 °C between winter and summer. Fresh water lochs can be colder. Adverse weather can occur in any season. Many paddle from year to year without a swim. However, it is a good practice to assume that you will go for a swim and dress accordingly.

Also, assume that you will wade into the water up to your knees to get in and out of your boat and remember that footwear needs to not come off if/when you go in the water.

HCC recommends the following:

- Either (in order of protection)
 - Dry suit and suitable underlayers,
 - Semi dry salopettes and cag top that can be rolled together with suitable underlayers, or
 - Wetsuit long johns, plus fleece or wicking top with a cagoule
- Protective foot-ware
- Hat (for warmth in winter, to keep sun off in summer)
- Gloves and/or pogies in winter
- Sunglasses for summer

In the summer on day trips with a good forecast, shorts, top and a cagoule may be adequate, though a spare set of clothing kept within a dry bag should be available. However, remember that the water will still be cold and that when combined with the inevitable splashes from paddling, any breeze can still be chilling.

Equipment

Equipment - Basic (when paddling with a led group)

- Suitable kayak
 - Deck lines
 - Craft capable of keeping up with rest of group
 - All equipment stowed so it doesn't fall out in the event of capsize/wet exit
- Paddle
- Spray deck
- Buoyancy aid
- Whistle (attach to buoyancy aid)
- Mobile phone (in waterproof case)
- Any personal medication
- Emergency contact details - ICE Card (In Case of Emergency)
- Snacks and Drinks as required (hot drinks in winter)
- Lunch if required
- Sun cream, Midge Repellent, Midge hood as per season

Equipment - Developing Paddler (paddling in group)

- In/on Buoyancy aid:
 - Knife
 - Handheld Compass
 - Strobe light
- First aid kit
- Spare paddle (groups should have at least one set between two)
- Paddle float
- Pump and/or bailer
- Sponge
- Long Tow line (10-15m, either worn on waist or back deck mount)
- Short tow line
- Head torch & spare batteries

Group Equipment / Leader / solo paddler

- Flares electronic or pyrotechnic (ideally everyone on a trip will have one or both)
- VHF radio
- Personal Locator Beacon (PLB or Spot Device)
- First aid kit
- Repair kit
- Multi person Shelter
- On the water over cagoule

- Spare hatch covers
- Spare hats
- Spare clothes
- Fire lighting material

Navigation & Planning

- Watch
- Charts/maps either laminated or in waterproof case
- Compass (hand held in Buoyancy Aid, optionally deck mounted one too)
- Weather info
- Tidal info
- GPS (optional. Can use phone)

Overnight Trips

Shelter

- Tent
- Sleeping bag
- Sleeping mat
- Dry bags
- Spare clothing

Sustenance

- Snack food
- Water
- Vacuum flask
- Stove/fuel
- Cooking pans
- Utensils/cutlery
- Ready use basics
- Lighter/matches
- Food for trip

Other

- Wash gear
- Battery pack (for phones etc)

General & Optional

- Tote bag
- Camera
- Binoculars

Some paddlers travel very light and others would take the kitchen sink if possible. Trial and occasional error will determine what each individual prefers.

This list represents a minimum level of recommended equipment. If in doubt, check with the coach / leader.

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