✓	**Course Information and Maps**		1 x per team	Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive(Contact) or waterproof map bag.
✓	**Survival Blanket** (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (note bags can deteriorate over time).
✓	**First Aid Kit**		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
✓	**Fire Starting Device**		1 x per team	Waterproof matches, gas lighter, flint and steel are all acceptable fire starting devices.
✓	**Knife**		1 x per team	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
✓	**Strobe Light** **OR**		1 x per team	Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.
✓	**Guardian Emergency Beacon**		1 x per team	Rugged Warning Beacon with up to 2km visibility, ideal high visibility tool. The Guardian is rugged, easy to use and can be seen for up to 2 km / 1.24 Miles. With its dual function of flashing and steady on LED modes, the Guardian can offer over 250 hours of use. Designed to be rugged and reliable the light is waterproof to 100m (300 feet) and features an operational temperature range from -40° to 50 ° C.
✓	**Sleeping Bag / Bivy Bag**		1 x per competitor	Full length sleeping bag or heat reflective breathable bivy sack. (not enclosed survival/space blanket) When tested on scales the weight of the bag must be 150 grams or greater. Primary purpose is warmth.
✓	**Backpack**		1 x per competitor	Vest/packs that cover the front of the bib are not permitted.
✓	**Cell Phone**		1 x per team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the race.