



# ADUR CANOE CLUB

Brighton Road, Shoreham-by-sea, West Sussex, BN43 5LT  
[www.adurcanoecub.org.uk](http://www.adurcanoecub.org.uk)

## CANOE CLUB TRIP

*The activity detailed below has been organised by the Club and transport will be provided by private car. The driver concerned may not have adequate passenger liability insurance and as such you should be aware that no liability will be accepted by the driver, the Club or Officers, and that all persons attending the activity do so at their own risk.*

Event location	
Departure date & time	place
Expected return date & time	place
Person in charge	phone
Person providing transport	phone
Additional information	

Overleaf you will find a kit list reminder. This covers all Club activities, including camping, so not all of the kit will be required.

*The section below must be filled in by the parent or guardian of any person under the age of 18, unless the parent or guardian is a competent canoeist and will be accompanying and supervising their child on the trip.*

Cut off and return to the organiser above.

*I have read the above, and having noted the information, give my permission for my Son or Daughter to attend. My Son/daughter is over 12 years or over 135cm or I agree to provide a child seat for their use during transport.*

Date	
Name of Child	
Any relevant medical information	
Name of Parent/Guardian	
Signed	
Emergency phone no	
Address	



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## CANOE TRIP KIT LIST

### Personal Kit

Swimming cossie	
Socks	
Thermal bottom ?	
Thermal tops	
Towel	
Wetsuit ?	
Bushpants ?	
Wet boots	
Dry top	
Dry bottom ?	
Spray deck	
B.Aid	
Whistle	
Knife ?	
Compass ?	
Strobe ?	
Flares ?	
Lightsticks ?	
Helmet	
Hat ?	
SpecSavers ?	
Pogies ?	
Towline ?	
Snacks ?	

2006: Child seat for transport if under 12years and under 135cm

### In Boat Kit

Spr paddles	
Dry bags ?	
Kneel mat ?	
Suncream ?	
Throwline ?	
Tow line ?	
Flares ?	
Lightsticks ?	
Camera ?	
Drink ?	
Thermos ?	

### On the roof

Boat	
Paddles	

### Paperwork

Wallet	
Cash	
Phone nos	
B & B ?	
Keys	
YHA card ?	
Passport ?	
Tickets ?	
Charts ?	

### Clothes

Shoes	
Pants	
Trousers?	
Skirts ?	
Shorts	
Socks	
Shirts	
Warm layer	
Cagoul	

### Night Kit ?

Sleeping bag	
S.bag liner ?	
Towel 2	
Soap/flannel	
Toothpaste	
Toothbrush	
Tampon/pad?	
Contact lens?	
Medicines ?	

### Camping Kit ?

Tent ?	
Mat	
S.Bag liner ?	
Stove ?	
Spare fuel ?	
Matches ?	
Pans ?	
Mug	
Plate	
Knife	
Fork/spoon	
Bog roll	
Plastic bags	
Washing up ?	
Pegs ?	

### Provisions ?

Oil/butter ?	
Coffee/tea	
Water ?	
Milk ?	
Juice ?	
Breakfasts?	
Lunches?	
Dinners?	