



# COMPULSORY GEAR LIST

## for all Topsport Kayaking series events

### **Kayak**

Your kayak MUST be suitable to your ability. If Topsport Kayaking deems a kayak too advanced for a competitor to paddle safely, you may be withdrawn from the race. All kayakers must be fitted with front and rear foam pillars (with the exception of plastic sea kayakers) and have a grab loop or toggle at the nose of the kayak.

Your kayak must be in river worthy condition. If Topsport Kayaking deems any kayak unsafe you will not be allowed to use it on the day unless the kayak can be made suitably worthy.

### **Airbags**

Kayakers must be fitted with rear air bags or have watertight sealed compartments that are drainable (sea kayak). The minimum requirement is two rear air bags of 20 litres each. These must be correctly inflated and secured in the kayak. Kayakers using sealed compartments as floatation MUST HAVE waterproof hatch cover FITTED before entering the river.

### **Spray Deck**

Your spray deck must be waterproof and the correct size for your kayak and waist.

### **Paddle**

A wing paddle is recommended. Whitewater or touring paddles are acceptable.

### **Personal Flotation Device (PFD)**

Your PFD must be securely fitted, free of defects and of 50N minimum buoyancy (type 406 specialist PFD that complies with NZS standard) – You must have a webbing cinch strap on the bottom of your PFD around your ribcage.

### **Kayak Specific Helmet**

Your helmet must be designed for paddle sports. Bike helmets are not acceptable.

### **Survival Bag**

A foil Survival BAG (blankets are NOT accepted) must be secured in your PFD during the race.

### **Whistle**

A whistle must be secured to the front of your PFD.



A Dry Bag Containing the following items must be carried in your kayak:

**Dry Bag**

Your dry bag must be waterproof and seam sealed and capable of keeping gear dry when immersed in water.

**Duct Tape**

A minimum of 10 metres must be carried in your kayak. It is recommend a towelling cloth be carried as well for drying your kayak so the duct tape sticks.

**First Aid Kit**

**Minimum requirement:**

- 1.5m long (unstretched) roll of 5cm wide crepe bandage
- 2.5m long roll of 2cm wide strapping tape
- Triangular bandage
- Scissors
- 4 x pain relief tablets
- Any Competitor specific medication (this must also be recorded in your entry form so race medical staff are aware of any potential conditions or issues).

The following Gear is additional to the clothing you are wearing (except for the kayaking specific jacket which may choose to wear or carry it in your dry bag).

Compression sports clothing e.g. 'Skins' or dry-fit sport clothing are NOT acceptable for emergency gear. These do not have thermal insulation properties.

**Long sleeve thermal base layer top**

Synthetic, neoprene, merino or similar – for if you have to spend a period of time on the river bank. No specific weight requirement.

**Full length thermal base layer pants**

Synthetic, neoprene, merino or similar – for if you have to spend a period of time on the river bank. No specific weight requirement.

**Long sleeved mid layer top**

This is your mid layer – can be lightweight fleece or similar. Insulation properties approx. 220gsm or greater.

**Waterproof Pants**

Waterproof seam sealed pants constructed of durable material.

**Waterproof long sleeved paddle specific jacket**

Waterproof seam sealed and constructed of durable material long sleeved PADDLE SPECIFIC jacket – minimum of neoprene (or equivalent) cuffs & neck. Must be in good condition (not delaminating).

**Thermal gloves**

Synthetic, neoprene, merino or similar – for if you have to spend a period of time on the river bank. No specific weight requirement.

**Thermal socks**

Synthetic, neoprene, merino or similar – for if you have to spend a period of time on the river bank. No specific weight requirement.

**Thermal hat**

Synthetic, neoprene, merino or similar – for if you have to spend a period of time on the river bank. No specific weight requirement.

