



British Rowing Tour 2018 Check List of What to Bring

Each crew member should have:

Spare rowing kit
Water shoes for wading when launching and recovering boats
Dry bag
Waterproof clothing (for typical English weather!)
Hat
Sun cream
Insect repellent (We are told that Avon "Skin So Soft" dry oil is very effective)
Plasters / micropore tape for blister protection
Seat pad (if you have a sensitive rear!)
Gloves if you usually wear them for rowing
Essential tools, including spanners (10 mm and 13 mm) or rigger-jigger
Water bottle
BR membership card
Smart clothes for the gala dinner on Saturday (blazer and club tie or lounge suit for gentlemen, cocktail dress for ladies)

Each boat should have:

Paddle - for manoeuvring in locks
Boat hook
Mooring spike
Bow and stern lines and attachment points
Something to cushion the boat when leaving on hard ground,
e.g. foam pads, tubular pipe lagging
Bailer
Buoyancy aids for ALL crew members.
The cox must wear a buoyancy aid at all times, the others should be kept within reach in case of emergency.
At least one mobile phone (in a waterproof container)
Maps and emergency contact information, which will be provided at the tour briefing