



British Rowing Tour 2023 Check List of What to Bring

Each crew member should have:

Lifejacket / Buoyancy Aid (under Canal and River Trust regulations, you will have to wear this going through each lock)

Spare rowing kit

Water shoes for wading when launching and recovering boats

Dry bag

Waterproof clothing

Hat

Sun cream

Insect repellent

Plasters

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 – please note you **MUST** be a member of BR in order to be covered by their public liability insurance

Each boat should have:

Paddle - this is essential for going through locks

Boat hook

Mooring spike and ropes

Something to cushion the boat when leaving on hard ground, e.g. foam pads, tubular pipe lagging

Bailer and sponge

Buoyancy aids for ALL crew members. The cox must wear a buoyancy aid at all times, the others must be worn when going through locks.

At least one mobile phone (in a waterproof container)

Charts and emergency contact information, which will be provided at the tour briefing