



COMPULSORY EQUIPMENT (ALL CLASSES)

In ADDITION to clothing worn by crews at the start, the following SERVICEABLE equipment must be carried. Items not in use should be securely stowed either in the boat or on the paddler.
Crews will not be allowed to start without these items and if used must be replaced.

This ADDITIONAL kit, even if vacuum sealed, will be inspected at the Start and may be checked at the Finish or at any point along the course. A time allowance will be given should everything be in order. Penalties will be imposed if items are missing.

Nothing in these Rules is designed to deter the use of this Emergency Kit. Remember at the point you need to use this kit it needs to be accessible and available as your hands will be very cold and tightly packed kit may be impossible to get into. As a guide, the kit must be retrieved from where it is stowed in less than 2 minutes.

All the following are **per person**, must be treated as individual items and must not serve a dual purpose.

No	Item	Penalty
1	Buoyancy aid or life jacket (note 1)	Disqualification
1	Survival bag (notes 1 & 2)	30 minutes
1	Sleeved thermal underwear to fit or Complete tracksuit	30 minutes
1	Whistle. Attached where it can be used.	20 minutes
1	200g solid chocolate or Kendal mint cake	20 minutes
1	300ml Emergency drinking fluid	20 minutes
1	Head covering capable of covering the ears (wool/thermal)	10 minutes
1	Spraydeck (Kayaks only) to be carried or worn at all times. Spraydecks must be used below Teddington Lock – this excludes Stages competitors finishing Day 3 at Ham/TYM	10 minutes (above Teddington) Disqualification (on the Tideway)

The following items must be produced for inspection at Devizes but can be retained by the support crew and handed to the competitors when required. For the Stages Race these are only required when the tide at Thames Young Mariners is very early. **Not required for Stages Race in 2017.**

1	WHITE light-stick; attached to the buoyancy aid on the front left shoulder, between sunset and sunrise.(note 3)	30 minutes
2	Battery powered, forward and rear facing white lights to be displayed at all times between sunset and sunrise while paddling on the course (notes 4 & 5)	Disqualification
1	Torch to be ready to show in any direction on the Tideway (note 6)	Disqualification

Emergency kit, if used, must be replaced as soon as possible, at the latest at the next checkpoint. Checkpoints are at approx. 10 mile intervals. Crews may not continue past them without replacing missing kit. Umpires will penalize any failure to do so.

Notes:

- (1) Life jacket, buoyancy aid and Survival Bag specifications are detailed in the General Rules.
- (2) The following Survival Bags are confirmed as acceptable. Dalesman, Lifesystems (in original packaging).
- (3) From sunset to sunrise paddlers must attach an activated white light stick to the FRONT of the left shoulder of their buoyancy aid. No other colours are permitted.
- (4) In addition: all boats paddling anywhere on the course between the hours of sunset and sunrise, must display without fail a white light at both bow and stern, both visible through 180 degrees. No other colours are permitted. Head torches or LED sticks are only acceptable as additional lighting. . Any craft/paddlers with coloured lightsticks or torches are likely to be stopped to remove these. No time allowance will be given
- (5) Care should be taken that rear facing lights do not dazzle other paddlers and a diffuse light should be used.
- (6) Below Teddington each boat must carry a torch ready for instant showing in any direction.
- (7) Lighting requirements based on guidance from PLA.