|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| VHF |  | First Aid Kit |  | Mobile phone |  |
| GPS |  | Repair Kit |  | Survival bag |  |
| Group Shelter |  | Spare Dry Clothing |  | Foil Blanket |  |
| Tow line |  | Flares |  | Emergency contact name and number: |
| Whistle |  | PLB |  |
| Pump |  | SPOT |  |
| Spare paddle |  | EPIRB |  |
| Compass |  | Map |  |
| Any medical issues? |

\*Trip participants – copy and paste into reply email and fill in to send to trip organiser