



**British Rowing Tour 2019**  
**Check list of what to bring and do**

**Each crew member should have:**

- A life jacket (preferred) or personal flotation device (pfd)
- 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)
- Hand sanitiser
- 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 (10mm and 13mm) or rigger-jigger
- Refillable water bottle. (NB - we will not be supplying water with the lunch)
- BR membership card
- Smart clothes for the gala dinner on Saturday (blazer and club tie or lounge suit for gentlemen, cocktail dress for ladies)
- Kit for optional non-rowing activities (e.g. walking gear and National Trust card)

**In addition, the captain of each boat should ensure his/her boat has the following equipment.**

- at least one mobile phone (in a waterproof container)
- maps and emergency contact information, which will be provided at the tour briefing.

## **What you should do:**

### **Before the tour**

Read the safety plan.

Go through the checklist of what to bring and ensure you have everything.

Read the crew list and be clear which lake you are on each day, which boat you will be rowing in and who your crew mates will be.

Note which coach you will be travelling in on each day.

### **During the tour**

If you have any minor injuries or medical issues that might mean you are unable to continue that day or on subsequent days, make your captain aware as soon as possible.

If you change your plans and will / will not need coach transport on any day let your captain know and note it on the matrix in North Lakes Hotel or Crown. This could be just one way. This will aid timely dispatch of coaches.

As part of biosecurity precautions to protect against invasive species (notably New Zealand Pygmy weed), to work with other crew members to wash off your boat, blades and paddles before launching onto new water and before leaving the Lake District at the end of the tour.

The advice given is to:

- ❖ CHECK for small pieces of plant material caught in the boat and its fittings and remove any found.
- ❖ CLEAN the boat and equipment with fresh water and sponge.
- ❖ DRY the boat and equipment before loading onto a trailer if going off site.

There is also blue-green algae on Derwent Water and Ullswater so watch out for it and wash off any algae found on yourself or the boat and its equipment at the end of each outing.