



British Rowing Tour 2024 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
Hat
Sun cream
Insect repellent
Plasters
Hand sanitiser or wet wipes
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

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 aid for the cox, which must be worn when going through locks (optionally at all times).
At least one mobile phone (in a waterproof container)
Charts and emergency contact information, which will be provided at the tour briefing