



## EQUIPMENT LIST

Please find below the guidance on equipment that is required by all participants in Regatta London. Carrying/using the prescribed kit is paramount to the safety of all participants. Incomplete kit will result in disqualification so please come prepared to avoid any disappointment on the day!

### MANDATORY KIT (ALL SPORTS)

**Footwear** is mandatory for all sports.

- SUP: We recommend footwear that is lightweight such as neoprene footwear

### Buoyancy Aid/ Personal Floatation Devices (PFD's)

- Rowing: it is mandatory for coxswains to wear a PFD
- Kayak/Canoe: it is mandatory for all participants to wear a PFD
- SUP (London Crossing) - it is mandatory for participants to wear a waist PFD
- SUP (Big Ben) - it is mandatory for all participants to wear a PFD

### Leashes (SUP only)

- SUP (London Crossing) – it is mandatory to use either a waist or knee leash.
- SUP (Big Ben) – it is mandatory to use a waist leash, with a quick release fastening.

Ankle leashes are not permitted on either route.

It is important that leashes are correctly attached to the participant and board for the duration of the event.

### Mobile Phone

- Prior to the event we will share an event safety number which we strongly advise all participants to save onto their mobiles.
- Please keep safe in a dry bag.

### Clothing

- Long sleeved base layer and/or a long sleeve windproof jacket
- Please store in a dry bag as a spare for use on the day if required



## **Vessel Numbers**

Participants and crews shall receive an official numbered race bib or similar, and a self-adhesive race number (vessel/ boat identification tag) in their race pack which participants will need to collect the day before the event, or on the morning of the event.

Numbers must be clearly displayed and visible at all times

## **Hydration and Snacks**

- A minimum of 500ml in a reusable bottle or hydration pack depending on your sport discipline (see below for further nutrition information)
- Snacks/gels of your choice

## **RECOMMENDED KIT (ALL SPORTS)**

In addition to the mandatory kit, the following items are recommended:

### **Clothing – it's all about the layers!**

Recommended clothing for the different sports can be found below:

SUP and Kayak/Canoe:

- Lightweight neoprene
- Lightweight thermals (merino wool or similar) – quick drying but will keep participants warm
- Long johns

Rowing:

- Lightweight thermals (merino wool or similar) – quick drying but will keep participants warm

### **Tips:**

- Avoid cotton. When cotton gets wet it gets heavy but can also make participants feel cold. Wear sweat wicking clothing that is quick dry.
- Store spare clothing in a dry bag - It is worth participants considering 'double bagging' to ensure there aren't any leaks and clothing remains dry.
- Stand-up paddleboarders can fasten dry bags to their board whilst paddling using the carry straps on the deck.



### Other recommended kit:

- Sun cream
- Sunglasses
- Headwear – hat/ cap/ visor/ buff

### NUTRITION

Participants are responsible for managing their nutritional/ refuel requirements.

Participants must carry enough water with them to cover the full distance of their chosen event (14 miles for rowers and 12 miles for kayak/canoes and SUP's)

All participants must be self-sufficient with refuelling. There will be water bowzers/taps at the start and finish to fill water bottles, but participants must bring their own refillable bottles. Event refreshments and refills should be treated as a complement to the items you are required to carry.

- SUP (Big Ben) - Many products are available for carrying refreshments. As participants will be wearing a PFD, we suggest trying a waist belt that can carry bottles and has small pockets for snacks. By using a waist belt, refreshments are easily and quickly accessible.

### Litter

- Participants must ensure that no litter is dropped from snacks in pockets. Dropping litter is not permitted and participants will be disqualified. The event celebrates the amazing River Thames and environment around it, so it's extremely important to respect what it around us so other people can enjoy it too.

### SUP EQUIPMENT

**Boards:** All boards must be 11ft or over.

**Paddles:** 12 miles is a lot of paddling; we would recommend looking out for a light weight paddle. When participants start to feel tired, a lightweight paddle could make all the difference for keeping arms going!

**Carry straps:** Some SUP boards have carrying straps on the deck where dry bags can be stored with layers and water bottles. Please ensure the dry bag is securely fastened.

**Tip:** We suggest looking for a curly leash which will allow for length but won't get in the way as much.



## HEADPHONES

Headphones are not permitted to be worn by any participants during the event. Safety is paramount at all times and it very important that all participants are able to clearly hear safety and sport marshal instructions/ messaging across the route.

- Rowing: Coxes are permitted to make use of “CoxBox’s” with headband microphones to relay messages to crews