

Swiftwater First Responder

The Course

Training could take place on a variety of rivers dependant on water levels. The programme is designed to enhance awareness about the hazards of moving water. Personal safety and self rescue will be an emphasis throughout the day. The course will also involve use of basic rescue equipment such as throwlines.

Arrival & Departure Information

Your course will start prompt at 0800 hrs to allow for the issuing of equipment. The course should finish around 1700 hrs.

What Will I Need?

Glenmore Lodge has a comprehensive range of the latest equipment available for you to use from stores. A kit list is included when booking. If you have your own kit please bring it along.

We advise that you do not rush out and buy kit for the course, but use ours as a chance to find out what best suits your needs. We can supply all the equipment and technical clothing you will need but if you have any of the following then bring it along, as it is important to know how your own gear performs.

Helmet, Buoyancy aid with chest harness, Dry suit, Robust booties (thin neoprene booties are not recommended), 15 – 20 Metre throw bag, River knife, 4 Metres of unsewn tape and 1 'pear shape' locking karabiner.

You will have to supply all the thermal garments to wear under your dry suit. We would recommend fleece bottoms and top with a thermal underneath. As an alternative you could wear one of our wet suits underneath your dry suit to ensure warmth. If you have any neoprene gloves then bring them along as well.

Equipment Lists

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

GLENMORE LODGE CAN SUPPLY:

- ✓ Bouyancy aids
- ✓ Helmets
- ✓ Spray decks
- ✓ Cags
- ✓ Wet suits
- ✓ Wet suit bootees
- ✓ Small drybags
- ✓ Dry suits (only for out of season kayak courses)
- ✓ Paddling Trousers
- ✓ Pogies
- ✓ Paddling Neoprene Gloves/mitts
- ✓ Towlines
- ✓ Split Paddles

White Water and Swift Water Rescue

- ✓ Dry suits
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner
- ✓ Slings/Tape
- ✓ Pulleys
- ✓ Prussiks

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Insulating layers – at least two mid weights
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Suncream – you just never know! ***
- ✓ Insect Repellant – it may be midgey!***
- ✓ Spare towel

Items marked * are available in our shop subject to availability.**