

# EQUIPMENT CHECK LIST

## Items required at the AIRPORT

- Passport
- Itinerary – Flight Details – Will be distributed the week prior to departure.
- Completed Departure Card
- Check in 3 hours prior to departure
- Photocopy of Credit Card Details. Handed to management at the Airport
- It is mandatory that all members of the team wear the team uniform as outlines in Newsletter 3 for leaving Australia. i.e Tracksuit and Polo Shirt with neat shoes.

## *Items to be collected by management if required by parents:*

- Credit Cards (optional)
- Money (optional)
- Passport (optional)

## REPAIR KIT

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There will be a team kit which will have resin (both polyester and epoxy), some carbon fibre, Carbon/Kevlar, fibreglass, Kevlar Seam tape, scissors, a Stanley knife, hacksaw blade, Sandpaper, filler (“knead-it”) for building ends and a grinder. (The resin will be purchased in Europe as it is illegal to carry on the aircraft)

Athletes should take the following items for minor repair.

- Sandpaper
- Masking Tape
- Duct tape
- Electrical tape
- Disposable gloves

## EQUIPMENT to bring      Canoeing

- canoe (+ cover), paddles (+ cover); Take a spare paddle if possible.
  - paddling booties /shoes (must have)
  - spray deck, life jacket & helmet
  - thermal long johns & long sleeve top(s)
  - cag - long and/or short sleeve
  - paddling shorts
  - wet gear bag
  - tie down straps ( at least 4). These must be long, the boats and paddles will be tied onto roof racks on the car & Mini Buses. The Boats could be three high so the straps need to be long. You must have your own tie down straps, no one else will provide them for you.
  - beach towel(s)
  - drink bottle
  - sponge
  - training diary
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## **Other items**

- The Team Uniform
- Neat Jeans and shoes; to be worn with the dress shirts at official activities.
- Sleeping Bag (This may be used as a doona)
- Laundry Marker
- Pillow slip
- mess kit (plate, bowl, cup, knife, fork, spoon)
- 2 x tea towels
- raincoat
- toiletries bag
- bath towel
- sunscreen
- Camera (optional)
- Medication: typed instructions for administering
- Typed repeat script from your doctor if required

## **Notes:**

1. Mark all items of clothing including tie down straps with your name.
2. General packing is up to you but be prepared for all weather.  
Luggage on the aircrafts is restricted 20kg.
3. It's a good idea to carry toiletries and deodorant in your cabin luggage.