



Equipment List

Please find below some guidance on equipment that is required by all participants in Regatta London.

ALL SPORTS

- Footwear is mandatory for all sports.
 - SUP: We recommend footwear that is lightweight such as neoprene footwear
- All rowing cox's, all kayak/canoists, SUPs (Big Ben only) are required to wear Buoyancy Aids/Personal Floatation Devices (PFD's).

CLOTHING - IT'S ALL ABOUT LAYERS!

Suggested 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.
- Store spare clothing in a dry bag. Stand-up paddleboarders can fasten dry bags to their board whilst paddling. It is worth participants considering 'double bagging' to ensure there aren't any leaks and clothing remains dry.

SUP EQUIPMENT

- All boards must be 11ft or over.
- 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.
- Waist leash with quick release fastening is mandatory. Ankle leashes will **not** be permitted.
- Tip: We suggest looking for a curly leash which will allow for length but won't get in the way as much.

CARRYING YOUR OWN WATER AND SNACKS

All participants must be self-sufficient with refuelling. There will be water bowsers/taps at the start and finish to fill water bottles, but participants must bring their own refillable bottles.



BIG BEN SUP'S

- 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.
- Participants must ensure no litter is dropped from snacks in pockets. Dropping litter is not permitted and participants will be disqualified.
- 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.