

NSR Checklist

Helmet ¹	<input type="checkbox"/>
Thermal Top	<input type="checkbox"/>
Thermal Bottoms	<input type="checkbox"/>
Wetsuit ² +Cag ¹ or Drysuit ²	<input type="checkbox"/>
Buoyancy Aid ¹	<input type="checkbox"/>
Spray deck ¹	<input type="checkbox"/>
Water Shoes	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Spare underwear and socks	<input type="checkbox"/>
<hr/>	
On water snack	<input type="checkbox"/>
On water drink	<input type="checkbox"/>
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Tent/Tent space/Or the ability to pull	<input type="checkbox"/>
Roll matt	<input type="checkbox"/>
Sleeping bag	<input type="checkbox"/>
Torch	<input type="checkbox"/>
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Fancy dress	<input type="checkbox"/>
Waterproof Coat	<input type="checkbox"/>
Jumper	<input type="checkbox"/>
Scarf	<input type="checkbox"/>
Some clothes to sleep in	<input type="checkbox"/>
Alcohol Gel	<input type="checkbox"/>
Tooth brush	<input type="checkbox"/>
Tooth paste	<input type="checkbox"/>

1. We can provide these if you do not own them yourself.
2. Not required, but will make life more enjoyable.
3. Any old trainers that you don't mind getting wet will be fine.