

BP2 Guidance to Paddlers

I hope you are all looking forward to **Big Paddle 2** and that appropriate 'touring' training is being undertaken (drinking, sun bathing and 10Ks obviously).

However, there are a few things we need to communicate to you, they are;

Final Commitment date

If you have not done so already - You need to commit by 8th June.

Estimated Cost of the trip

We estimate the cost of the full 5 day trip, based on 16 people, to be more or less £150. We will confirm the final amount nearer the day.

This includes;

- Travel to the start at Lechlade
- Campsite fees
- Breakfast and packed lunches
- Support vehicle
- Evening food, two nights (Wokingham Canoe Club & Elmbridge Canoe Club)

Payment

Deposit - We need a deposit of **£50 by 22st June.**

Final payment – We will need your final payment prior to departure on the 5th July.

BCU Membership

NOTE IT IS VITAL THAT YOU JOIN THE BCU BEFORE THE TRIP! YOU CAN DO THIS ONLINE AT <http://www.canoe-england.org.uk/>

WE WILL BE ASKED TO PRESENT OUR BCU ID CARDS AT EVERY LOCK AND THERE ARE AT LEAST 30 OF THEM. IF THE LOCK KEEPER CHOSSES WE CAN BE ASKED TO LEAVE THE RIVER. THIS WOULD BE A PITY!!!!

SUGGESTED KIT LIST

General

- Tents
- Sleeping bag
- Sleeping mat/inflatable mattress
- Pillow
- Knife, fork, spoon, plate & cup

Torch (head-torches are very useful) & batteries Tent (check you have tent pegs & all the poles!) Basic first aid (including blister plasters, cut plasters, pain killers, after sun, immodium) Camping stool (optional)

For paddling

Paddling gloves (optional)

Paddling shoes

Dry bag big enough to hold dry clothes and lunch

Sun screen

Sun glasses + string

Hat (preferably with brim)

Light Shorts

Long trousers (e.g. Ron Hills, lycra based, quick drying)

Long sleeved sports tops (stretchy, nylon) Drinks bottle (1L)

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Costs

Van Hire £350 - £22/person

Minibus - £300 - £19/person

Accommodation - £8/night = £45

Food (breakfast & Lunch)- £8/day x 5 = £40

Contribution to Boat transport -£5

Total = £131